Over 450 Exhibitors!
Presented by KOOL FM
CHRISTMAS AT THE FORUM
FESTIVAL OF CRAFTS
3 HUGE BUILDINGS
NEW! ANTIQUES ARENA
• FOODS • ART • ANTIQUES •
FRI 10-9/SAT 10-9/SUN 10-5
HALIFAX FORUM COMPLEX

MORE THAN JUST A PARTY TOWN
DISCOVER THE OTHER SIDE OF CANCUN {page 14}



ABSENT
RIHANNA RUES MISSING PERRY'S WEDDING {page 13}



HALIFAX metro®
Wednesday, November 3, 2010
www.metronews.ca
News worth sharing.

Drowning in Debt? Reach Out!
WBLI INCORPORATED
TRUSTEE IN BANKRUPTCY
902 482 2000 • 4debtrelief.com

Murder. Accused



▶ Kyle Brian Gowen is escorted by sheriffs from Truro provincial court yesterday afternoon. More coverage, page 3.

RYAN TAPLIN/METRO

Gowen brothers appear in court

Kyle Brian Gowen and his younger brother Steven Shaun Gowen made their first court appearances yesterday after being charged on Sunday with first-degree murder in the death of Dartmouth teen Dillon Blair Jewett.

Herd fans sound off on Clarke

Should team have sent home blue-liner? {page 10}

Election night in the U.S.

Republicans gain ground in House of Representatives {page 8}

The buck stops here for mayor

Kelly decides not to accept pay hike ◐ Raise formula needs overhaul, mayor adds ◐ Raise schedule set in '04

Mayor Peter Kelly sent back his raise yesterday, in a move that surprised his colleagues on council.

Kelly sent out a press release saying he is rejecting a 4.04 per cent raise to $144,962 that took effect on Nov. 1. Councillors also got a raise of 1.6 per cent to $72,357.

Kelly said he was listening to the voices of residents outraged over a raise above a cost-of-living increase being awarded during a year of budget constraints.

"It appears to be in excess of what the public expectation is and we have to be very mindful of that," he said.

Coun. Debbie Hum said she was blindsided by Kelly's announcement.

"I feel it's most unfortunate because we wanted to do something collectively as a council," she said. "It's just one more demonstration that we are not collectively working as a group and ... sometimes it's for oneself instead of what's best for the public."

Kelly had previously defended the raises. He said yesterday that rejecting his raise was a personal decision.

Many councillors — and the mayor — agree the raise formula needs to be reviewed. Council will address the issue at next week's council meeting. Councillors may also decide next week if they will reject or donate their raises.



"The increase was not appropriate in this current economic situation and my decision is reflective of that. I made my decision clearly and it was a personal decision."
MAYOR PETER KELLY

There are a number of options on how to structure raises, including basing them on the consumer price index.

Coun. David Hendsbee said he thinks raises should be fixed for the term council is in office. "We should have been asked what we wanted to do. I'd rather donate my salary increase to charity," he said. ● JENNIFER TAPLIN

LUMBER MART
HEATSMART™ INFRARED HEATING
ELECTRIC FURNACE
• Single unit can heat up to 1000 sq. ft.
• Stylish oak cabinet with high quality casters for easy movement.
• Safe for children and pets.
• OPTI-SWITCH™ - high or low heat setting.
• Remote Controlled Thermostat.
New In The Box… $399 ea.
Refurbs… $349 ea.
HEAT UP TO 1000 sq. ft. FOR JUST $2.00 PER DAY
HALIFAX - 477-6500 • DARTMOUTH - 468-7772
VISIT US ONLINE... www.lumbermart.ca

create a great dinner party

November 1-14

garnish with a sale

SAVE $5.01



CAPTAIN MORGAN WHITE RUM 1.75L

NOW $51.98



LAMB'S PALM BREEZE RUM 1.75L

NOW $49.98



SMIRNOFF RED VODKA 1.75L

NOW $50.98

SAVE $2.00



COORS LIGHT LAGER
24 x 341ml

NOW $37.99

WIN

a Rocky Mountain Cold Experience for two to Banff Alberta!*

See myNSLC.com or in-store for details.

SAVE $6



CROWN ROYAL WHISKY 1.75L

NOW $54.99

SAVE $5



FRENCH CROSS 4L
Chardonnay, Cabernet Merlot, Pinot Grigio, Shiraz

NOW $37.49

SAVE $2



MOSELLAND ARS VITIS RIESLING 750 ml

NOW $13.79

SAVE $4



KAHLUA COFFEE LIQUEUR 1.14 L

NOW $36.78

SAVE $2.84



BUD LIGHT LIME LAGER 6 x 330ml

NOW $10.15

*Must be legal drinking age. No purchase necessary. Limited time offer. Contest closes November 14, 2010. Please visit myNSLC.com for complete contest details. Valid at participating NSLC stores throughout Nova Scotia, product selection by store may vary. Prices subject to change without notice. While quantities last.

NSLC
BEER • WINE • SPIRITS

Group calls for housing ministry

Treating housing as one among many social services is not cutting it, according to affordable housing advocates.

The Affordable Housing Association of Nova Scotia is calling on the NDP government to create a dedicated body — perhaps even a distinct department and minister — to deal with what they call a "housing crisis" in the province.

Housing is currently under the jurisdiction of Community Services.

Given that, according to AHANS executive member Claudia Jahn, one might conclude housing is simply one community service among many.

"(But) access to decent and appropriate housing is a basic human right," she said during a standing committee meeting on community services yesterday. "Housing is far more than a social service."

Dissatisfaction

Community Services Minister Denis Patterson-Rafuse chalked dissatisfaction with the current system up to the slow process of building relationships between government and advocacy groups.

Housing, according to Jahn, involves more than just homelessness — it also covers the affordability of housing, questions of justice both juridical and social, and health concerns.

The lack of focus on housing as a distinct issue means the government is missing out on private- and non-profit resources available to address the issue, Jahn said.

If the province were to create a department for housing, it could bring together all the stakeholders to create tangible goals in a housing strategy.

But Community Services Minister Denise Patterson-Rafuse said she is confident her department can address the issue.

"We can address it within our department," she said, citing costs and delays involved in the creation of a new department.

ALEX BOUTILIER

Brothers arraigned in quarry killing case

First court appearance for Kyle and Steven Gowen ◗ Family of victim, accused attend



PHILIP CROUCHER
@METRONEWS.CA

The next time they appear in court, the three people charged in the killing of Dillon Blair Jewett should be together.

Kyle Brian Gowen, 22, and Steven Shuan Gowen, 21, both of Eastern Passage, were arraigned yesterday on charges of first-degree murder in the death of Jewett, an 18-year-old Dartmouth teen found shot to death near the East Uniacke Quarry on Oct. 3.

Kyle and Steven Gowen were charged over the weekend and made a brief appearance at Truro provincial court yesterday.

The judge ordered the two brothers back in court Nov. 25 in Shubenacadie, the same day Amanda Allison Greene, an 18-year-old from Cow Bay and ex-girlfriend of the victim, is scheduled to appear.

"They are having a pretty hard time. You can appreciate that these young men have never been in custody before. It's very difficult."
BRIAN BAILEY, DEFENCE LAWYER, ABOUT KYLE AND STEVEN GOWEN

Greene, who according to Facebook is in a relationship with Kyle Gowen, was arrested and charged last week with first-degree murder in Jewett's death. Steven Gowen also faces a charge of accessory to murder in relation to the case.

Crown attorney Alison Brown said joint information is expected to be sworn in on Nov. 25, alleging the three acted together in planning and committing the murder. WITH FILES FROM RYAN TAPLIN

RYAN TAPLIN/METRO



▶ Steven Shaun Gowen is escorted by sheriffs from Truro provincial court yesterday.

Attack victim gets last laugh

Police say a male cashier who had a knife pulled on him just before midnight Monday turned the tables on his would-be-attacker — grappling the person to the floor.

The incident took place at a store in the 7100 block of Chebucto Road, with the suspect fleeing the scene after the altercation.

Const. Brian Palmeter of Halifax Regional Police said yesterday they don't believe robbery was a motive for the attack, with the cashier believed to be the intended victim.

Accused

A 53-year-old man is facing various weapons-related charges related from the incident.

Police say when the alleged attacker fled, a witness followed the man to a nearby address on Quinpool Road where officers set up containment around the building he was in. The suspect then exited, according to police, and surrendered without incident.

PHILIP CROUCHER



For more local news, visit metronews.ca

News in brief

MS treatment debate rages

MEDICINE. A controversial treatment for multiple sclerosis has again come to the attention of provincial politicians.

Cape Breton West MLA Alfie MacLeod introduced a bill yesterday that, if approved, would grant $5 million for clinical trials into Liberation Treatment. MacLeod also presented a petition with more than 7,500 names in favour of the treatment.

A number of people suffering from MS were on hand during question period, where both the Liberals and the Tories attacked the government for refusing to fund the treatment. Premier Darrell Dexter and Health Minister Maureen MacDonald reinforced the province is waiting for national trials. METRO

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



The eyes of investors are fixed on the U.S. Fed and midterm elections this week. More at metronews.ca/investing

Follow us on Twitter @metrohalifax

Outrage greets costume contest win for Klansman leading man in blackface by a rope. Scan code for story.

MONCTON

Mayor says CFL game a success

The mayor of Moncton says the Canadian Football league's first regular-season foray into Atlantic Canada was a good investment. George LeBlanc says they're hopeful the various partners can come together to make it happen again next year. The city spent $65,000 hosting Touchdown Atlantic in September. But it's estimated that the economic impact of the week of festivities surrounding the game was worth about $6.7 million to the local economy. The federal and New Brunswick governments contributed $1.5 million for the event. The game between Edmonton and Toronto was played at the University of Moncton's new stadium. THE CANADIAN PRESS

New school rules of engagement

Students must attend 80 per cent of classes to pass course Measures intended to 'break cycle of low student engagement': Education minister



ALEX BOUTILIER
@METRONEWS.CA

Education Minister Marilyn More is confident new measures to curb student absenteeism will keep kids in the classroom.

At Halifax West High School yesterday, More announced she accepted 10 out of 13 recommendations made by an education committee on student absenteeism in the province.

According to More, the new initiatives will not cost the department any additional funding.

Among the recommendations accepted was the creation of a pilot program, which schools can opt into, requiring students to attend a minimum of 80 per cent of classes to be eligible for a credit.

But More said there would be some wiggle room for students with exceptional circumstances.

"We're going to work on common definitions of what's excusable and what's not excusable," said More.

"We want to make sure that particular initiative achieves what we think it will achieve, and that's why we're doing it on a pilot basis and not making it a permanent solution."

Some students balked at the increased authority yesterday, and they didn't share More's confidence the measures will keep kids in the classroom.

"I'm a bit paranoid about missing something, but if I can keep my marks up without missing something, why not?" said Sam Dellapinna, a Grade 12 at Citadel High.

"It shouldn't matter if you do all your work ... (and) if you get good marks," said Laura Kelly, 16.

Dropout age

- The recommendations not accepted by Education Minister Marilyn More included increasing the dropout age by two years, from 16 to 18.
- The department also turned down a recommendation to go after the parents of students who skip school, potentially charging them with neglect.

"The Department and I were very cautious about forcing students who were perhaps not having a positive experience in school to have to stay there," said More.

PHILIP CROUCHER/METRO



Students outside Citadel High School yesterday afternoon.

IMP on move to Amherst

Burnside's loss is Amherst's gain, as the IMP Group is closing a machining shop in the Dartmouth industrial park and moving it to Colchester County town.

"It's one of those double-edged swords, in that it's unfortunate for our Burnside operation in Halifax," IMP Aerospace's Amherst plant manager, David Pearson, said. "We're consolidating our operations and it will strengthen our offering to our customers for Amherst."

Pearson said about 25 jobs will be created with the move with the Dartmouth employees being offered positions at the Amherst plant if they desire. AMHERST DAILY NEWS

Timeline

- The move is expected to be completed by the end of March and will bring the workforce at the Amherst operation to about 350.

Dartmouth woman arrested

An HRM woman is facing charges in Newfoundland after the seizure of 50 kilograms of marijuana. The RCMP says the 39-year-old from Dartmouth was arrested yesterday near Pinch Gut Lake. THE CANADIAN PRESS

Lands worth $3M: Report

The lands of Shannon Park in Dartmouth are worth up to $3.1 million, the CBC reported after obtaining a report commissioned by the Department of National Defence. There's no word of any development plans for the former base. METRO

The BIG ONE! OVER 450 EXHIBITORS
3 HUGE BUILDINGS featuring a new ANTIQUES ARENA
THIS WEEKEND!
FRI. 10-9
SAT. 10-9
SUN. 10-5
Admission good for entire weekend
2-for-1 Admission Sat. after 5pm
HALIFAX FORUM COMPLEX

Presented by KOOL FM
CHRISTMAS AT THE FORUM
FESTIVAL OF CRAFTS
• FOODS • ART • ANTIQUES •

GRAND DOOR PRIZE
Trip for Two to Jamaica:
GRAN BAHIA PRINCIPE
Grand Door Prize provided courtesy of:
transat HOLIDAYS
tripcentral.ca
the smarter way to plan travel
Plus Other Great Door Prizes!



NO PAYMENTS
90 DAYS‡
INTEREST ACCRUES DURING DEFERRAL PERIOD

PLUS UP TO $10,000 IN CASH CREDITS††

INCLUDES UP TO $1,500 HOLIDAY BONUS!*

SMART PURCHASE™ FINANCING

A MORE FLEXIBLE WAY TO OWN YOUR VEHICLE WITH THE OPTION TO RETURN IT IN AS EARLY AS 36 MONTHS†

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE UP TO $3300** IN ADDITIONAL CASH INCENTIVES.

CA$H FOR CLUNKERS
IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride – Canada's Vehicle Recycling Program

Summerhill IMPACT

OR ASK ABOUT GMCL's RECYCLING PROGRAM FOR 1996-2003 VEHICLES

PLUS GM OWNERS ASK ABOUT $1,500 LOYALTY BONUS¥¥

VISIT YOUR LOCAL MARITIME GMC DEALER OR SEE THE FULL LINE-UP AT MARITIMEGMC.CA

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS / 160,000 KM*
• POWERTRAIN COMPONENT LIMITED WARRANTY
• ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
*WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.

OnStar®

Redeem your GM Card earnings today.■

GMC

For the latest information, visit us at gmc.gm.ca, drop by your local GMC dealer or call us at 1-800-GM-DRIVE. ‡ Offered by GMCL until 01/17/2011 on eligible purchase financing of a 2010/2011 Buick/Cadillac/Chevrolet/GMC vehicle. OAC by TD Financing Services (fixed rate special only) or Ally Credit. Interest applies for entire financing term and accrues on unpaid amounts during deferral period. Financing term includes two month extension when financing through TDFS. Offer may not be combined with certain other consumer incentives. GMCL, Ally Credit or TD Financing Services may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. †† $10,000 manufacturer-to-dealer delivery credit, which includes maximum Holiday Bonus of $1,500, available on 2010 Sierra 1500 full-size truck (tax exclusive) for retail customers only. Other cash credits, including Holiday Bonus, available on most models. See dealer for details. * $1,500/$1,000 Holiday Bonus available on 2010/2011 models. Offers valid to January 17, 2011 on dealer inventory. Dealer order (2011 MY only) or trade may be required. Limited quantities of certain 2010 models. GMCL may modify or terminate offers in whole or in part at any time without notice. See dealer for details. † Smart Purchase™ financing is available to approved credit customers on terms determined by GMCL. Example: $20,000 new purchase price financed at 2.9% APR for 60 months. Weekly payment is $87.71. Cost of borrowing is $2,626.07. Total obligation is $22,626.07. Offer may be changed or withdrawn at any time without notice. Dealer may be required. Limited quantities of certain models. Applies only to qualified retail customers in Canada. Dealer Trade may affect amount financed. Dealer may sell for less. Offer may not be combined with certain other offers. ¥¥ $1,500 Loyalty Bonus, customer's GM vehicle must be registered and insured (in Canada) in their name for the previous consecutive six months. $1,000/$1,500 Bonus may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 model year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between 10/19/10-12/30/10. Ineligible vehicles: Aveo, Cobalt, Corvette ZR1, all Pontiac, Saturn, SAAB, and HUMMER vehicles, and all Medium Duty trucks. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and may contact GM to verify eligibility. This offer may not be redeemed for cash. This offer may not be combined with certain other consumer incentives available on GM vehicles. See your local GM dealer for details. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without prior notice.■ Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank.

News in brief

RYAN TAPLIN/METRO



▶ Natural Resources Minister John MacDonell

Commercial treasure treks coming to end?

LEGISLATION. Nova Scotia has introduced legislation that would put an end to underwater commercial treasure hunting along its coast.

First announced in July, the repeal of the Treasure Trove Act and amendments to the Special Places Protection Act would see all treasure hunting for commercial purposes end on Jan. 1.

Provincial officials say there are currently five outstanding permits that will expire on that date.

Natural Resources Minister John MacDonell says the move will bring Nova Scotia in line with other provinces and with a United Nations convention on the protection of underwater cultural heritage. **THE CANADIAN PRESS**

Caillou on ice

SHOW. Tickets go on sale today at noon for Caillou's Greatest Skate of All show coming to the Rebecca Cohn Auditorium on Feb. 12 at 1 p.m.

The show featuring the popular preschool kids character is 90 minutes long. Tickets are $25 in advance and available at the Dalhousie Arts Centre box office. **METRO**

Man recovers after shooting

CRIME. A New Brunswick man is recovering from a gunshot wound after he was hit in the upper body while entering his camp Monday.

RCMP say the shooting happened off Carr Lane in Baxters Corner. **THE CANADIAN PRESS**

Beach volleyball tourney aims to please spectators

World junior beach volleyball championships to bring a 'party' event to Halifax ◐ Five-day event could draw 10,000 fans to the waterfront

PHILIP CROUCHER/METRO



▶ Derek Martin, president of Sports and Entertainment Atlantic, stands next to a depiction of the setup for next summer's beach volleyball event at the Halifax waterfront.



MATTHEW WUEST
@METRONEWS.CA

The Halifax Waterfront will play host to what could be one big beach party next Labour Day weekend.

Sixty-six truckloads carrying 2,000 tonnes of sand will transform the Cunard Lot — which is sandwiched between the new Nova Scotia Power building and Bishop's Landing — into a temporary, six-court beach volleyball facility to host the FIVB world junior championships from Aug. 30 to Sept. 6.

Although it's a sporting event, organizers expect the beer garden, patio seating and live music to draw in many who have never seen beach volleyball before.

"It's really going to be more of a party ... a fun atmosphere for people to be at," said Derek Martin, president of Sports and Entertainment Atlantic. "I think it's going to be a very, very busy spot that will look fantastic and give a shining example of what we are, how great our waterfront is and how great our city is."

Breakdown

What to know about the FIVB world junior beach volleyball championships:

- Five-day tournament passes will range from $20 to $60. Capacity of stadium seating is 2,500.
- The event will host 48 male teams and 48 female teams from 30 countries, with two players per team.
- Sand from the event will go to Volleyball Nova Scotia for the creation of a permanent beach volleyball facility in HRM.

StFX Continuing & Distance Education

MASTER OF EDUCATION
Information Sessions

Information sessions will be held for educators who are interested in pursuing part-time or full-time study in the Master of Education Program (Educational Administration and Leadership or Curriculum and Instruction).

Information sessions will be held:

Truro & Area
Tuesday, November 9
7:30 pm, Main Floor
Chignecto School Board Office

Halifax Regional Municipality
Tuesday, November 23
7 pm, Room 201-06
NSTU Building, Halifax

The StFX program:

- facilitates the preparation of educational leaders
- furthers the professional growth and development of practicing educators
- engages educators in research activities
- examines educational issues
- contributes to the knowledge of teaching, learning, curriculum and administrative processes

Students can complete a course-based, project-based or thesis-based MEd program in Educational Administration and Leadership or a variety of Curriculum and Instruction areas. The Master of Education program can be completed by one month of study on-site in July, followed by remaining courses completed on-line or at various locations in Nova Scotia.

Students meeting program requirements may begin courses in January 2011

1-877-867-3906 or (902) 867-3906
email: med@stfx.ca
www.stfx.ca/academic/continuinged

FUREUR DE LIRE Ouvert au grand public du 3 au 6 novembre

LE JEUDI 4 NOVEMBRE
De 8h à 15h30
Ateliers avec les auteurs dans les écoles primaires et secondaires
De 9h à 20h
Ouverture au grand public du salon du livre.
De 9h à 20h
Exposition d'arts au Carrefour du Grand-Havre
De 18h à 20h
Cérémonie d'ouverture avec vin et fromage
De 11h à 16h
Dernières heures pour le salon du livre

LE VENDREDI 5 NOVEMBRE
De 8h à 15h30
Dernière journée des ateliers avec les auteurs
De 9h à 20h
Ouverture du salon du livre au Carrefour
De 9h à 20h
Exposition d'arts au Carrefour du Grand-Havre
À 20h
Pièce de théâtre Les Médecins de Molière à la Salle George-Cottreau au Carrefour du Grand-Havre

LE SAMEDI 6 NOVEMBRE
De 9h30 à 11h
Déjeuner-conférence avec l'auteure Arlette Couture À l'hôtel Park Place Ramada
De 11h à 16h
Dernières heures pour le salon du livre
De 11h à 16h
Exposition d'arts

Pièce de théâtre
Lieu : À la salle George-Cottreau de l'École du Carrefour , Dartmouth
Coût : 24$ / adulte
14$ / étudiant
Vendredi
5 novembre
à 20h



Billets en vente dès maintenant
902.435.3244

Québec
Conseil des Arts du Canada
Canada Council for the Arts
CSAP
NOVA SCOTIA NOUVELLE ÉCOSSE Education Éducation

RYAN TAPLIN/METRO



▶ A man walks past the Wanderer's Grounds field house on Sackville Street yesterday.

Council votes to demolish derelict canteen

Canteen has been vacant for a decade Updated environmental assessment and cost of bringing building up to date is too expensive: City staff



JENNIFER TAPLIN
@METRONEWS.CA

It was a hangout for war veterans and athletes over the decades, but soon the Wanderer's Grounds Dry Canteen will be dust.

Halifax regional council voted last night to revoke the canteen's heritage status and demolish it.

The derelict building at 5755 Sackville St. was built in 1947 by the Navy League of Canada.

63
The number of years ago the canteen on the Wanderer's Grounds was built.

In 2006, the municipality was set to demolish it when residents came forward arguing its historical significance. The next year, the municipality looked at spending $900,000 to restore the canteen and made it a heritage building.

But since then, efforts to work with rugby and football clubs fell through when city staffers discovered it would actually cost $2 million to fix the building.

What's needed to bring it back to a usable state is "overwhelming," said Coun. Jennifer Watts.

"It was a great place," said Coun. Jerry Blumenthal. "I hate to see it go. It has all kinds of memories."

News in brief

Bike-lane report sought

TRANSPORT. Halifax regional council has taken the next step towards a bike-lane corridor to connect South End Halifax to the North End and eventually Bedford.

Council voted last night for staff to report on what such a corridor will entail — including the loss of on-street parking.

"Cyclists are looking for safe passage and for us to be forerunners with this," said Coun. Dawn Sloane.

Solar project gets approval

PANELS. An idea approved in principle at council could make Halifax the first "solar city" in Canada.

Richard MacLellan, with the Sustainable Environment Management Office, presented council with a $5-million community solar project.

In theory, HRM would provide solar panels to 500 houses to heat water. It will be financed through property tax bills in a user-pay system so the municipality can break even or even make some revenue because of the rebates and grants available for solar power installations.

Board retains governance

LIBRARIES. The municipality is looking to cut costs in libraries and one idea is to consider making them a city department.

But after much discussion, council voted to continue with a review of the libraries' finances and operation but leave their governance with the library board.

JENNIFER TAPLIN



ORGANIZED CRIME

Man hit with 22 charges

Twenty-two murder charges have been laid against an alleged biker boss once tied to the construction company now involved in the renovation fiasco on Parliament Hill.

The whopping litany of accusations was delivered in a Montreal courtroom against an alleged Hells Angels boss, Normand (Casper) Ouimet, whom police had been seeking for almost two years.

There were charges of first-degree murder, conspiracy to commit murder, gangsterism and a slew of others related to criminal corruption in the construction industry.

THE CANADIAN PRESS



▶ Ouimet

U.S. right makes big gains on election night

BRANT SANDERLIN/THE ASSOCIATED PRESS



▶ Harris Blackwood, communications director for Georgia gubernatorial candidate Nathan Deal, holds a broom, claiming a sweep for Republicans at the Georgia Republican Party's election night watch party.

Historically, sitting president's party suffers in midterm vote

America made a hard-right turn away from the hopeful euphoria that propelled U.S. President Barack Obama to the White House a scant two years ago, embracing the anger fuelled by his Tea Party foes amid a lingering economic recession.

Republicans and some of their new colleagues from the ultraconservative Tea Party movement snatched control of the House of Representatives, a congressional shakeup that represents a large Republican boulder rolled onto the road that Obama had hoped was leading to significant Democratic reform.

Rand Paul, one of the best-known Tea Party candidates, handily won a Senate seat in Kentucky despite a recent controversy that saw some of his supporters stomping on the head of a protester.

Republican Marco Rubio, another Tea Party darling, won the Senate race in Florida as Gov. Charlie Crist, running as an independent, and the Democratic candidate split the vote.

Another high-profile Tea Party candidate, Christine O'Donnell, didn't fare as well, failing in her bid to win a Delaware Senate seat.

THE ASSOCIATED PRESS

History repeats?

Most observers agree that even faced with a drastically altered Congress, Obama is down but not out.

- **In 1994** Bill Clinton's Democrats lost 57 House of Representatives seats in the midterms.
- **In response**, Clinton toned down his agenda, worked with the Republican House of Representatives and became a congressional deal-making wizard.
- **He went on** to become the first Democratic president to win a second term after Harry Truman almost 50 years earlier.

Greece suspends outbound deliveries

Greece's civil aviation authorities were suspending all deliveries of mail and parcels abroad for 48 hours to allow authorities to check for the existence of more mail bombs, police said early today.

The decision came after a wave of mail bombs were sent to foreign embassies in Greece and to German Chancellor Angela Merkel's office.

Late last night, police said a suspicious package addressed to Italian Premier Silvio Berlusconi found on board a private mail courier company plane was being examined at Bologna airport.

A Bologna airport switchboard operator said the airport would be closed to flights until at least midnight local time for "controls."

No further details were provided.

THE ASSOCIATED PRESS

Charges

- Greek anarchist extremists are suspected of mounting the attacks, and two Greek men were charged yesterday with sending mail bombs.

Politics a factor in man's death: Family

The family of a Canadian man killed in Mexico said yesterday they suspect his high-level political connections in that country had something to do with his death.

The remains of Daniel Dion, 51, were found in the trunk of his burned-out rental car in a sparsely populated part of Guerrero state last Friday. Relatives who had gone to look for him found a watch in the car, which they believe belonged to the businessman from Carleton Place, Ont.

Dion employed thousands of Mexican prisoners and home workers in his purse-manufacturing business and had spoken openly about having connections right up to Mexican president Felipe Calderon.

He also said in a 2009 interview that he had a unwritten deal with a high-ranking state official to use prisoners, by his own admission circumventing some Mexican labour laws.

Dion's nephew Shanny Bolduc, one of the family members who went to Mexico to look for him last week, said they don't believe his work inside the prisons was necessarily a factor.

CONTRIBUTED



▶ The burned-out rental car in southern Mexico where what's believed to be the remains of an Ottawa-area businessman were found.

"We believe it has a lot more to do with his high contacts in the government and the power that he had as a foreigner," Bolduc said in an email to The Canadian Press. "He was about to have some serious breakthroughs for business in Mexico. He probably stepped on the wrong feet or was a problem to someone."

Bolduc is now going through the frustrating process of trying to get answers about what happened to his uncle, a native of Sherbrooke, Que.

THE CANADIAN PRESS

Ottawa's advice

- The Department of Foreign Affairs's travel report for Mexico says that major tourist areas, including Pacific resorts, have not been affected by the extreme levels of violence seen along the U.S. border.
- But it goes on to say that Canadians travelling to certain states should be "particularly aware of their surroundings, monitor local news, and provide friends or family in Canada with their itinerary."

Cancer fraudster did it for attention?

An Ontario woman who faked cancer and swindled thousands of dollars out of charitable friends and colleagues "enjoyed the attention" she received when people thought she was dying, court heard yesterday.

But Ashley Kirilow's lawyer said the young woman who created a bogus charity on Facebook couldn't have anticipated the outrage and media crush that would follow.

Kirilow, 23, pleaded guilty to the most serious charge against her — one count of fraud over $5,000.

THE CANADIAN PRESS

N.L. to get power back

Power could be restored today to areas along the south coast of Labrador after a weekend ice storm took down lines. Newfoundland and Labrador Hydro says material and equipment is on its way to Pinsent's Arm, where there are at least six broken poles.

THE CANADIAN PRESS

FILIPPO MONTEFORTE/AFP/GETTY IMAGES



▶ Silvio Berlusconi

Love women, not gays: Berlusconi

Italian Premier Silvio Berlusconi dismissed calls yesterday to resign over his involvement with an underage runaway, and created an uproar by claiming it was better to love beautiful girls than gays.

Opposition politicians have charged that Berlusconi abused his office by calling Milan police in May when the then-17-year-old runaway nicknamed Ruby was detained for alleged theft. Newspapers have reported that Berlusconi told police that a party official would take custody of the girl. THE ASSOCIATED PRESS

Oil subsidies defy G20 pact: Study

Fiscal cost of subsidies expected to double by 2020, report says Subsidies can lead to market distortions

An independent analysis says Canadian governments are subsidizing the oil patch to the tune of about $2.8 billion a year, despite a G20 agreement to pare back such support.

The Winnipeg-based International Institute for Sustainable Development has been adding up the fossil-fuel subsidies of major countries around the world.

In its in-depth study of Canadian supports for oil production, the institute concludes the federal government was responsible for handing over production subsidies worth $1.4 billion in 2008 — about half the total value of government relief.

The Alberta government's production subsidies were worth $1.1 billion, while Saskatchewan helped with $327 million, and Newfoundland and Labrador gave $83 million worth of relief.

The report says the fiscal cost of the subsidies is expected to double by 2020, causing a two per cent increase in Canada's greenhouse-gas emissions.

At the same time, Canada has committed at the G20 to getting rid of fossil-fuel subsidies, since they distort markets and cause wasteful consumption of energy.

It's one of the few commitments the G20 has made to tackle climate change.

The topic will surface again next week when Prime Minister Stephen Harper attends the G20 summit in Seoul.

ADRIAN WYLD/THE CANADIAN PRESS



▶ A protester on Parliament Hill demonstrates against the Alberta oilsands in Ottawa in September.

THE CANADIAN PRESS

Workin' on the night shift

Researchers at the University of British Columbia say Canadians who work night and rotating shifts are nearly twice as likely to be injured on the job.

Their study, published in the current issue of the Scandinavian Journal of Work, Environment and Health, examined Statistics Canada data on more than 30,000 people.

It found that while the overall rate of work injuries went down from 1996 to 2006, there was no decline for night-shift workers.

Lead author Imelda Wong says the disruption of normal sleep patterns can cause drowsiness or fatigue, which can lead to workplace injuries.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 16.61 (12,681.42)	+ 0.64¢ (99.06¢ US)	+ 95¢ US ($83.90 US)	$3.914 (+ 8.2¢)

Gold contracts $1,356.90 (+ $6.30)

Q3 PROFITS

BP back in the black

BP PLC says the cost of the devastating Gulf of Mexico oil spill has grown to $40 billion US dragging down its third quarter net profit by more than 60 per cent despite higher oil and gas prices.

The London-based company said yesterday it returned to profit for the first time since the April spill, though the $1.79-billion net income was still well below a year-earlier profit of $5.3 billion because it set aside an extra $7.7 billion to pay for the spill response and cover future fines and compensation.

The latest spill charge, due to a delay in sealing the busted Macondo well, was far above market forecasts of a rise of around $2-3 billion.

THE ASSOCIATED PRESS



Sales up for Ford and Honda

It was a mixed bag for Canada's major automakers last month, with some like Ford and Honda reporting their best October in years, while Toyota and General Motors saw an overall slump in sales.

Ford said its sales were up eight per cent from a year ago to 19,664 vehicles, putting it on track to be the market leader in Canada. It was the company's best October since 1999.

Honda Canada said it just had the best October in five years, selling a total of 12,856 vehicles in the month, up 14 per cent from last year.

Toyota Canada reported October sales of 14,540 vehicles across all three brands — Toyota, Lexus and Scion — down 24.7 per cent from last year.

THE CANADIAN PRESS

PotashCorp debate heating up

CARLOS OSORIO/TORONTO STAR



▶ Brad Wall

Ottawa should block BHP Billiton's bid for PotashCorp because promises made by foreign companies in takeovers often amount to "dreams and train smoke," Saskatchewan's premier said yesterday, a day before the federal government will rule on the deal, the largest takeover in Canadian history.

Brad Wall said it would be a betrayal of the province if reports are true that Investment Canada has already tentatively approved the takeover, subject to certain conditions.

The Saskatchewan government is firmly against the BHP bid, saying it does not provide a net benefit to the province or the country.

Wall said Investment Canada's track record isn't very good when it comes to inspecting promises made by foreign companies in takeovers.

Industry Minister Tony Clement flatly denied reports yesterday that Investment Canada had already made a tentative recommendation to approve the takeover, subject to certain conditions.

Clement is expected to announce Ottawa's ruling on the $38.6 billion US takeover today.

THE CANADIAN PRESS

Are you a new Canadian citizen or permanent resident in Nova Scotia?

Aimeriez-vous vous lancer en affaires?

The CDÉNÉ is now offering business counselling services to French-speaking immigrants who would like to start their own business or buy an existing business in Nova Scotia.

We can help you with / *On peut vous aider avec:*
- Market Research / *Études de Marché*
- Business Plans / *Plans d'affaires*
- Networking / *Opportunités de réseautage*
- Mentoring Program / *Programme de mentorat*
- Identifying Funding Opportunities / *Identifier des sources de financement*
- and more / *et plus!*

Info : Allison Lamey
(902) 424-6021
alamey@cdene.ns.ca
www.cdene.ns.ca/immigration

CDÉNÉ
Le Conseil de développement économique de la Nouvelle-Écosse

PHENOMENON OF 'FAKE' CELEBRITIES

Just sayin'

PAUL SULLIVAN



Who is Kim Kardashian and why is she famous?

Everywhere you go, there she is. She's on TV, she's at the supermarket, she's all over the Internet. She's making an album, she bought a Rolls Royce to celebrate turning 30, she releases more fragrances than a flower shop.

Finally, after running into Kim just about everywhere, I decided to find out who she is and what she is famous for.

After extensive research, I can report with some authority: Nothing. Kim Kardashian is famous for nothing.

Consider the evidence. She's the daughter of a Hollywood lawyer and the stepdaughter of Bruce Jenner, who was an Olympic decathlete a million years ago. She's one step up from Everywoman, but that's not enough to make her famous.

She's Armenian-American but so is Cher (Cherilyn Sarkisian) and Cher can sing.

She's attractive, but then so are millions of other young women and they're not famous, except in their dreams.

So how does Kim Kardashian make $5.5 million per year and who cares that she wants to make an album?

She has the trappings of celebrity — there's a reality show, a Dancing With The Stars gig, but the deeper you dig, it's a house of cards. There's no talent for acting or singing (or dancing, for that matter).

I'm not the only one who has noticed that compared to Kim Kardashian, Paris Hilton is a genuine star. At least Paris is amused by everything around her, including herself. Kim, as far as we can tell, is qualified to go shopping, or maybe eat lunch. Here's Fran Lebowitz, famous New York author and cynic, on the Kardashian phenomenon: "I am aware that there are these people called Kardashians, even if I have never seen one. It won't last."

"Even in our worst nightmares, we failed to predict Kim Kardashian."

When she says "it won't last," Fran means the reality show fake celebrity. "Because nothing lasts. Things may not change for the better — although it's almost impossible to imagine things changing for the worse — but they will change."

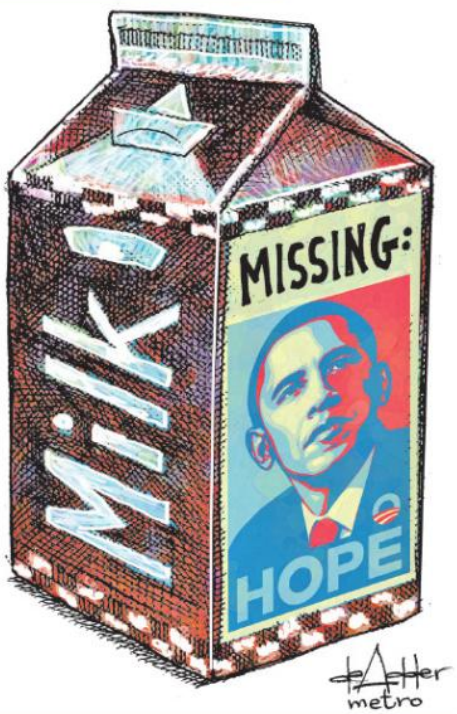
There are signs that Kim Kardashian is the end of the line. The National Enquirer, the mother of all celebrity gossip rags, has filed for bankruptcy protection. Survivor is recycling Survivor survivors. And when was the last time you heard anything from Jessica Simpson? Fake celebrity is so over. Maybe just in time to nip Kim's album in the bud.

But, yes Fran, it can get worse. Even in our worst nightmares, we failed to predict Kim Kardashian. But there she is, cluttering up Google. Be afraid. Be very afraid.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



Should he stay ... or go

Letters & Tweets

Re: Moose done with Clarke (Nov. 2)

msaunders: What in the hell is this franchise doing? He's our best D. Most entertaining player we had. Could fight, hit, run our PP, carry the play, keep teams off their game and would keep the fans into the game just knowing there could be something big happen when he's on the ice.

Devin Maxwell: This is junior hockey and the Mooseheads' job is to develop young players. Clarke is an 18-year-old who has vastly improved his play and his discipline so far this year. Unless there is something going on off the ice this move is a bad one.

Moosefan25: He was playing well and still ended up in the doghouse … I only wish some of the (20 year olds) on this team played with as much spirit as Clarke did.

noitall: Anyone who thinks this is due to one bad penalty is wrong. And I've gone to just about every game this year and he was not even close to our best d-man … let someone else deal with him.

GMS: Enough is enough. Garrett Clarke needs to take a long look in the mirror and decide when he will grow up. This is the last thing the team needs but his "me first" attitude has gone on long enough.

Blue-liner blues

RYAN TAPLIN/METRO



Should we drop daylight time? Why or why not?

Email
halifaxletters @metronews.ca
Twitter
@metrohalifax

Metro has the right to edit letters and submissions.

metro

METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS, B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610
Advertising: 902-421-5824 • halifax_advertising@metronews.ca • halifax_distribution@metronews.ca
Publisher Greg Lutes, **Managing Editor** Philip Croucher, **Sales Manager** Dianne Curran, **Distribution Manager** April Doucette

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Anne Launcelott

A new solo exhibition is opening at a popular gallery in Halifax.

Habana: An Intimate Portrait by Anne Launcelott will be shown today through Nov. 28 at ViewPoint Gallery at 1272 Barrington St.

The collection is from photos taken in June 2009 when Launcelott spent one week exploring the streets of Havana, camera in hand.

She says her work "does not do justice to the hardships faced by Cubans, but rather it is an intimate portrait of the extraordinary people, culture and vibe of Havana."

An opening reception takes place tomorrow from 6-9 p.m. at the gallery.

METRO

CONTRIBUTED



▶ A portrait from Habana: An Intimate Portrait by Anne Launcelott, which is showing at ViewPoint Gallery.

Fatherhood played for laughs and sincerity in Hangover director's latest effort ◐ Downey Jr. says he used Phillips as inspiration for role as the high-strung father-to-be



▶ Robert Downey Jr. and Zach Galifinakis star in Due Date.

Due Date gives birth to plenty of laughs

SASHA PERL-RIVER
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

If you want to be schooled in comedy, get ready, because class is in session and you will be tested on this later. Lesson number one: "People who are like a truck with no brakes are inherently funny." So decrees Zach Galifianakis when discussing his new movie, Due Date.

The film, which reunites Galifianakis with his Hangover director, Todd Phillips, offered him the chance to go mano a mano with Robert Downey Jr., who stars as a high-strung father-to-be forced to hitch a ride across the country with a train wreck aspiring actor (Galifianakis) in order to make it to his child's birth on time.

Sitting down to speak with the trio and looking over their cumulative bodies of work, you realize these men are responsible for some of the funniest moments in recent film history which is probably why Due Date is drawing inevitable comparisons to Planes, Trains and Automobiles, another odd couple road comedy, Phillips says they feel the most related to "in an odd way, Rainman."

"It is a road movie (but) at its core it's about Zach's character having just lost his father and Robert, who's about to become a father for the first time, and why they needed to meet at this moment," Phillips offers, in a moment of surprising sincerity.

Asked why the theme of fatherhood was appealing to a "Frat Pack" director whose films usually center on men clinging to their faded youth, Phillips replies, "I started making movies about college kids and I tend to grow with my movies, they're always about my age range. That's the next step in life; fatherhood. It seemed like an interesting thing to mine, both for emotion and comedy."

The must see road comedies

The road comedy is one of Hollywood's simplest formulas. Get a pair of contrasting personalities, trap them on a plane, train, or automobile with a strict deadline and you've got comedy gold. This week The Hangover director Todd Phillips tries his hand at the genre in Due Date. Gearing up for the release, Metro has compiled a list of some of the finest road comedies ever made.

1 Planes, Trains, And Automobiles (1987): Contrary to popular belief John Hughes' greatest achievement was not one of his teen movies, but this hysterical and surprisingly emotionally resonant road comedy with Steve Martin and John Candy.

2 It Happened One Night (1934): Frank Capra's comedy classic with Clark Gable and Claudette Colbert is one of only three movies to sweep the five main Oscar categories (actor, actress, director, screenplay, and Best Picture).

3 Lost In America (1985): Though mostly forgotten, Albert Brooks wrote, directed, and starred in this gem about a pair of yuppies quitting their jobs for the open road.

4 The Hope/Cosby "Road To" Pictures (1940-1962): No discussion of road comedies would be complete without mentioning Bob Hope and Bring Crosby's still hilarious series of "Road To" movies.

5 National Lampoon's Vacation (1983): The '80s comedy dream team of screenwriter John Hughes, director Harold Ramis and Chevy Chase may have spawned a successful franchise with Vacation, but the original trip to Walley World remains the darkest and the best. ● PHIL BROWN

2 scene

News in brief



Justin Bieber's music has inspired a collection of nail polish, but the 16-year-old singer says he won't be wearing any of the Bieber-riffic shades.

"It's not really my nail polish line. Like, I think it's weird to think about that," he said at a recent event to promote his autobiography, First Step 2 Forever: My Story.

Bieber says the nail polish from Nicole by OPI, which is set to hit stores next month, is inspired by his hit songs. "Like, there's names like named after my music," he said.

THE ASSOCIATED PRESS

Longtime Wheel of Fortune announcer Charlie O'Donnell dies in Los Angeles at 78

CLEAR VISION... ...CLEAR ADVANTAGE!
LASER VISION CORRECTION
Starting at
$490 TAX /eye*
All-Laser LASIK available
"For years I skated with the hassles and frustrations of glasses and contacts. In 2005, I had LASIK and the results were fantastic. Thank you LASIK MD, for helping me compete at my very best!"
For more on Joannie's story, visit: www.lasikmd.com/joannie
Joannie Rochette
2010 Olympic Bronze Medalist
6-Time Canadian Champion
2005 LASIK MD Patient
LASIK MD VISION
FREE Consultation: 1-866-999-0435 • www.lasikmd.com
HALIFAX: 1801 Hollis Street, Suite 400
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Action movie without moving

PHIL BROWN
SCENE@METRONEWS.CA



▶ Danny Boyle, right, was excited he got James Franco, left, for the lead role in 127 Hours.

From the heroin dens of Edinburgh (Trainspotting) to the impoverished slums of Mumbai (Slumdog Millionaire), director Danny Boyle has spanned the globe to find exotic locals for his films.

Surprisingly, Boyle's latest movie is confined to a single location: A desolate canyon in Utah where Aron Ralston was trapped for five days in 2003 before cutting off his own arm to survive. The remarkable true story is Boyle's follow up to the Oscar-winning Slumdog Millionaire and while 127 Hours offers a more grueling experience, it's no less inspiring and could be another awards contender.

"I think the difference between the films is very healthy," Boyle told Metro. "With the success we had with Slumdog, it would be very difficult to follow it up in a more conventional or reasonable way. So we tried to do something very different, which is what I always try to do."

Boyle decided to shoot 127 Hours as "an action movie even though the hero can't move" to keep the story entertaining, but the director always knew the most difficult decision he faced was casting the lead role.

"We needed a great actor because he's basically got to act all for the other characters in the film since he's the only one on-screen," explained Boyle. "I knew James Franco could do it because of how different his characters have been from Milk to Pineapple Express. Many actors just play themselves, but he can vary it in an interesting way. Thank god we had him."

Franco was trapped under a rock for weeks during the uncomfortable shoot, but Boyle claims that the actor admirably never complained,

"I thought he'd go a bit nuts, but he's got a very interesting technique. In between takes and set ups he wouldn't go back to his trailer, he would just sit in the canyon and read for hours. I don't know how he did it."

The potent combination of Boyle's unique filmmaking style, Franco's pained performance, and Ralston's harrowing tale of perseverance created a rather amazing little movie guaranteed to thrill audiences undeterred by the grisly subject matter.

Finding the mood

Danny Boyle on his approach for 127 Hours.

Comparison. "Aron Ralston wanted to do something much more like Touching The Void, with him interviewed and intercut with dramatized bits of his story. I didn't want to do that. Touching The Void is a masterpiece and there was no point in trying to copy it because it would pale in comparison. I believed that the only way this story could be told in my opinion was as an immersive first person experience where you are trapped in the canyon with him and rooting for him to cut the arm off."



Both Sheen and Mueller file their divorce papers

Charlie Sheen and wife Brooke Mueller each filed for divorce separately this week in Los Angeles, according to People magazine. Mueller wants custody of their young twin sons with visitation rights for Sheen, while Sheen wants joint custody, according to the filings.

The troubled couple cite irreconcilable differences and acknowledge they've been separated since their violent Christmas Day fight in Aspen, Colo., last year. Sources tell TMZ the timing had less to do with Sheen's recent incident in New York and more to do with him not wanting Mueller making their divorce fodder for her upcoming reality show. METRO





Celebrity tweets

Paula Abdul



[@paulaabdul] I got caught tweeting LOL! on set now, mystery glam team won't let me outta their sight!

Ashley Tisdale



[@ashleytisdale] Note to self: When your not allowed bread in ur diet.. don't go down the bakery isle at the grocery store!

Jesse McCartney

[@jessemccartney] Hey everyone. I lost my phone. Sorry I was gona for a couple days, but I'm back! Gettin' ready to release a video soon!

Lady Gaga [@lady gaga] I'd



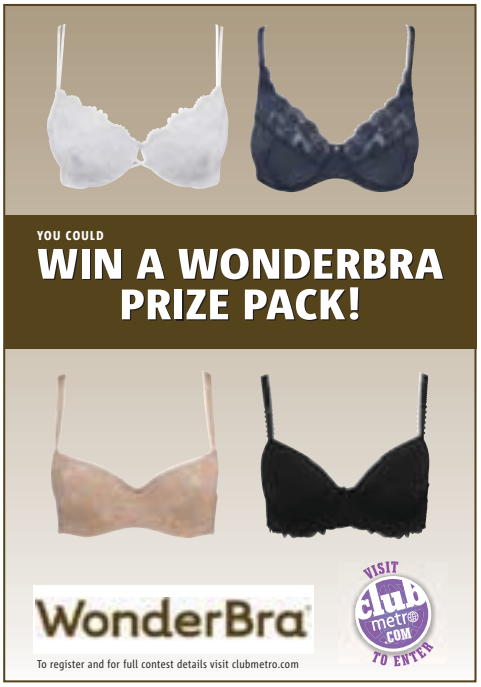
wear any of my private attire for the world to see. But I would rather have an open flesh wound than wear a band aid in public. METRO

Rihanna rues missing Katy Perry's nuptials

Katy Perry may have understood that Rihanna couldn't make it to her wedding in India, but the Barbados-born singer isn't so quick to forgive herself. "I will never ever forgive myself for that," she tells Ryan Seacrest in a radio interview.



Rihanna says she was cautioned off attending because her new album needed promoting, which might've proved difficult in India. "There was no phone service in India and very little-to-no Internet service, so it would have been a little irresponsible of me." METRO



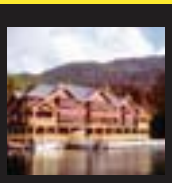






3 life

Readers' choice



After being named the No. 1 resort in Canada by readers of Conde Nast Traveler magazine, King Pacific Lodge is offering a deal for a three-night stay next summer: $2,950 per person.

The package, available on select dates and to Canadians only, includes round-trip airfare from Vancouver, gourmet meals and eco-adventures such as saltwater fishing, hiking, kayaking and whale watching.

The lodge is located on B.C.'s central coast in the Great Bear Rainforest.

THE CANADIAN PRESS



Ypres site of vigil honouring 68,000 Canadians killed in First World War

Despite its reputation, Cancun is more than just a party town
On the Yucatan Peninsula, you'll find ancient ruins, diving and world-class golf

FLICKR: GROUND.ZERO



▶ The Yucatan Peninsula is the gateway to impressive cultural attractions, such as the Mayan ruins of Chichen Itza.

Contradictory Cancun

THE TRAVELIN' CANADIAN

DARREN PARKMAN
LIFE@METRONEWS.CA



Despite its legendary party reputation, Cancun really is a place of stark contrasts. On any given day, you can head deep into the heart of a wild jungle exploring ancient ruins, then find yourself in a concrete jungle inside what has to be one of the wildest bars in Mexico, the Coco Bongo.

In the spirit of research, I ventured into this famous downtown nightclub, and soon found myself jammed in the middle of 2,000 wild, screaming, heavy-drinking party-goers. Did I mention these people were drinking… a lot?

Just to make things even more surreal, films played on the walls, acrobats swung from the ceiling, and I'm sure I saw Spiderman climbing a chandelier. Okay, I admit it was pretty cool. This is the crazy side of Cancun you hear so much about, but there really is so much more.

FLICKR: RICARDODIAZ11



▶ Cancun is famous for its white sandy beaches.

The nearby Mayan Riviera not only offers a low-key vibe with amazing beaches and turquoise water, it's also the gateway to some pretty impressive cultural attractions.

The Mayan ruins of Chichen Itza, which date back to 445 BC, are nothing less than amazing. The 75-foot-high Kuculcan Temple draws huge crowds every year, when it accurately predicts the spring and fall equinoxes in a spectacle of light and shadow. Nearby is the well-preserved ball court where Mayans used to play their sport of the day.

Another historical site worth visiting is Tulum, located about 80 miles south of Cancun — an ancient city that sits on a cliff overlooking the Caribbean.

Not just beaches

Other cool things to do in Cancun:

- **Visit Xcaret Park.** Swim through natural underground rivers and caves in this unique eco-park. You can check out the wildlife on a jungle tour, or enjoy a million-dollar view from the 80-metre-high rotating tower.
- **Take a ferry to Cozumel.** Near Playa del Carmen, this island is considered one of the top five diving destinations in the world. For the less adventurous, the beaches and snorkelling are great too. The island features restaurants, bars, shops and a world-class golf course.



It's a beautiful world

CAYO SANTA MARIA
$1199
MELIÁ LAS DUNAS
★★★★½
7 NIGHTS **ALL INCLUSIVE**
THU, MAR 17
ADD TAXES & FEES $210

RIVIERA MAYA
$1279
NOW JADE RIVIERA CANCUN
★★★★★
7 NIGHTS **ALL INCLUSIVE**
THU, MAR 10, 17, 24
ADD TAXES & FEES $277

PUNTA CANA
$1299
GRAN BAHIA PRINCIPE ESMERALDA
DON PABLO COLLECTION ★★★★★
7 NIGHTS **ALL INCLUSIVE**
SAT, MAR 19, 26,
ADD TAXES & FEES $326

transat HOLIDAYS

CAA
In-store
1-800-561-8807
www.atlantic.caa.ca/travel

Flights are from Halifax via Air Transat or Canjet. Prices shown are per person, based on double occupancy, lead room category. Space and prices are subject to availability at time of booking and subject to change without notice. Taxes & fees are extra and noted above. For complete details and terms and conditions refer to the Transat Holidays 2010 -2011 Sun brochure. Transat Holidays is a division of Transat Tours Canada and is registered as travel wholesaler in Ontario (Reg # 50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8.

FLICK'R: CHAUNCEYDAVIS818



Swamped in South Florida

Not far from Miami's beaches are gators, manatees and even panthers

THE TRAVELIN' CANADIAN

DARREN PARKMAN
LIFE@METRONEWS.CA



Miami still has a bit of that sin city reputation, especially when it comes to all those clubs in ultra-trendy South Beach, not to mention those bronzed bodies on topless beaches.

It's where the beautiful people go to see and be seen. With all that to digest, it's kind of hard to wrap your head around the fact that just a half hour away lies a million-and-a-half acres of swamps and subtropical vegetation.

After a few nights of site-seeing and club-hopping, I decided to check out those treacherous Everglades — and found myself in another world. A wild and barren world.

For a mere $45, Loxahatchee Everglades Tours took me on a very cool, very fast tour of the mysterious swamps. It really is like being on a movie set (or a Disney safari ride) when you're whipping through the Everglades.

Not long after we took off, I spotted an eight-foot alligator basking in the sun on a muddy patch of land. Suddenly, this massive creature snapped open his huge life-threatening jaws, baring his menacing teeth just a few feet in front of us.

Luckily, it turns out this bored gator was only yawning, perhaps mildly annoyed we were interrupting his power tanning. Maybe not quite life-threatening, but pretty darn memorable regardless.

The sheer amount of wildlife in the Everglades ecosystem is nothing less than impressive. On a good day you can see gators, turtles, wild manatees and maybe even endangered Florida Panthers, and I ain`t talking about NHL players.

What to do:

- **Visit the Miami Metro Zoo.** There are zoos, and then there is MetroZoo, which is considered one of the best in the U.S. This cageless zoo features rare animals such as black rhinos, white tigers and Komodo dragons. Climb the giraffe feeding station to get up close and personal with one of these long-necked giants.
- **Behold the Coral Castle.** An engineering marvel made of 1,100 tons of carved coral rock, it took one man nearly 30 years to build this incredible structure.

NEED MONEY?
✓ No credit checks
✓ Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

JOIN metro
Become a member today!
metrolifepanel.ca

TRAVEL CUTS
In Search of Iguassu, South America
Includes: accommodation, tour leader, ground transportation, some meals, visits to both the Argentine and Brazilian sides of Iguassu Falls.
$1,949* 16 nights. Departs Feb 6
Other dates available
gap adventures
Get There For Less With Travel CUTS. travelcuts.com
Dalhousie University SUB, Lower Level 902.494.2054
*CDN$ pp. Land only. Additional: departure tax US$30. † Limited quantities available. GAA. ON–4499356/4499372 | BC–33127/34799/34798 | QC–7002238 | Canadian owned.

FLIGHT CENTRE® Unbeatable

Airfares

Cancun from $199 + taxes & fees $279

Montreal	one-way from $79 + taxes & fees $58
Toronto	one-way from $129 + taxes & fees $66
Fort Lauderdale	from $249 + taxes & fees $116
Jamaica	from $295 + taxes & fees $293
Orlando	from $295 + taxes & fees $121
Varadero	from $335 + taxes & fees $219
New York New Year's	from $352 + taxes & fees $116
Las Vegas	from $379 + taxes & fees $128
Punta Cana	from $397 + taxes & fees $90
London	from $499 + taxes & fees $439
Rome	from $599 + taxes & fees $429
Costa Rica	from $729 + taxes & fees $343
Buenos Aires	from $799 + taxes & fees $321

USA

Myrtle Beach Air + 7 Nights from $569 + taxes & fees $105
INCLUDES accom in the heart of the Grand Strand area of Myrtle Beach. UPGRADE to 4-star accom from $13 per night.

Orlando Family Special Air + 7 Nights from $349◊ + taxes & fees $102
INCLUDES accom close to theme parks with shuttle service. BOOK this package based on double occupancy from $429 plus taxes.

Las Vegas Air + 5 Nights from $429 + taxes & fees $128
INCLUDES accom on the Las Vegas Strip.
UPGRADE to 4-star accom for $14 per night.
ADD Cirque du Soleil's show 'O' tickets for $169.

New York City Air + 3 Nights from $659 + taxes & fees $106
INCLUDES accom in mid-town Manhattan.
ADD helipcoter flight over the city from $159.

Chicago Air + 3 Nights from $689 + taxes & fees $103
INCLUDES accom in the heart of Chicago.
UPGRADE to 4-star accom from $16 per night.

Southern California Air + 5 Nights + Car from $879 + taxes & fees $119
INCLUDES air to Los Angeles and return from San Diego, 2 nights 4-star Los Angeles accom, 3 nights 4-star San Diego accom and 5-day car rental with unlimited mileage. BONUS daily breakfast for two included.

BC Ski Vacations

Big White 5 Nights + 4-Day Lift Tickets from $579 taxes & fees included
INCLUDES 5 nights accom, 4-day lift pass, and roundtrip transfers from Kelowna to Big White.

Sun Peaks 6 Nights + 5-Day Lift Tickets from $619 fees included
INCLUDES 6 nights accom, 4-day lift pass and roundtrip transfers from Kamloops to Sun Peaks.

Whistler 5 Nights + 3-Day Lift Tickets from $819 taxes & fees included
INCLUDES 5 nights accom, 3-day lift pass and roundtrip transfers from Vancouver to Whistler.

Fernie 5 Nights + 3-Day Lift Tickets from $899 taxes & fees included
INCLUDES 5 nights accom,, 3-day lift pass and roundtrip transfers from Calgary to Fernie.

Revelstoke 5 Nights + 3-Day Lift Tickets from $899 taxes & fees included
INCLUDES 5 nights accom, 3-day lift pass and roundtrip transfers from Kelowna to Revelstoke.

SUPER, NATURAL BRITISH COLUMBIA CANADA

All-inclusive Vacations

Varadero 7 Nights 4-Star from $675 + taxes & fees $219

Puerto Plata 7 Nights 4.5-Star	from $688 + taxes & fees $326
Punta Cana 7 Nights 4-Star	from $725 + taxes & fees $322
Jamaica 7 Nights 4-Star	from $777 + taxes & fees $292
Cozumel 7 Nights 4-Star	from $849 + taxes & fees $151

Vacations

Goa, India Air + 10 Nights from $1499 + taxes & fees $354
INCLUDES 4-star resort accom in South Goa.

Thailand Air + 9 Nights from $2198 + taxes & fees $283
INCLUDES return air to Phuket with Cathay Pacific, 3 nights 5-star Koh Lanta accom with breakfast & private beach and 6 nights 4.5-star Phuket accom with breakfast.

LOWEST AIRFARE GUARANTEE

1 866 485 7093 | TEXT Join our Insider Club for hot deals. Text YHZ to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Halifax. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person for quad occupancy (2 adults & 2 children ages 2-17). ®Registered trademark of the Province of British Columbia. †We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree.

Could you save a life?

Workplace CPR training is key to prevention and treatment

KEITH CARMAN
LIFE@METRONEWS.CA

"You could save a life."

The simple catchphrase for cardiopulmonary resuscitation (CPR) has been ingrained in our heads since childhood. But how many of us actually know how to perform the procedure? In an emergency, could you save a life?

Canadian Red Cross Instructor Nick Rondinelli says answering that question is the goal behind November's official designation as CPR Awareness Month

Rondinelli, who is also director of Heart To Heart First Aid CPR Services, says CPR accreditation often provides another equally important function.

"CPR training isn't just about saving people. It focuses on prevention, recovery and minimizing more problems," he says.

Rondinelli was inspired to learn and teach CPR after witnessing a friend die from a lack of resuscitation. He gained his certification in 1993 and opened Heart to Heart a decade later. Recently it was expanded to facilitate greater in-house training and gained approval by Workers Safety Insurance Board (WSIB) as an independent certification locale for businesses.

He feels passionate about extolling the importance of proper training.

"There are a number of courses covering specific aspects," he said.

Introductory CPR Level A includes five hours of training in life-threatening, adult-only situations such as choking and stroke. The CPR Level C requiress seven hours training with infant, child and adult situations.

Emergency First Aid/CPR Level C entails eight hours of emergency training in bleeding, anaphylaxis and asthma. A two-day Standard First Aid/CPR Level C course, which looks at head injury, spinal and burns, offers greater coverage.

For newcomers, Rondinelli suggests the latter, as it addresses many potential crises. Courses are available at a number of authorized facilities with prices ranging from $55 to $100 per employee, depending on the course.

"Patrons receive a student manual, three-year certification and AED (Automatic External Defibrillation) training," he notes, adding that the three-year cap ensures return students learn CPR advancements as introduced every five years.

Most workplaces are required to have a designated number of First Aid and CPR-trained staff on-hand.

Earlier this year, the American Heart Association updated its CPR guidelines, including a call for more chest compressions and less excessively ventilating.

"So many people have told me about friends, family or colleagues who had medical emergencies but since they didn't know how to recognize life-threatening symptoms or how to address them, it caused loss of life," Rondinelli says. "Every one was preventable with a few hours of basic CPR training."

CPR facts

Some simple CPR facts that could compel you to call your nearest certification site:

- **The brain dies** within four to six minutes without oxygen. "Not only does this mean that someone is less likely to survive, but if they do they could have brain damage," Rondinelli notes.
- **On average,** it takes Emergency Response Services nine minutes to arrive after a call.
- **If CPR is** administered, that person can be kept alive past nine minutes.
- **Even the** shortest CPR certification course takes a mere five hours but lasts three years and could save a coworker or loved one.



▶ There are a number of courses covering specific aspects of CPR.

"Get the training. Don't assume it won't be you."
NICK RONDINELLI

Job Fair - Future Inn, Halifax

Sobeys

Location Details: Future Inn, 30 Fairfax Drive, Halifax, NS

We are currently recruiting part time and full time staff as well as department managers for our Sobeys locations throughout the HRM, Valley and South Shore.

If you love food as much as we do, Sobeys is a great place to pursue a career!

Please join us at the:
Future Inn, Halifax
When: Thursday November 4
Time: 9:00am-9:00pm

We offer:

- Flexible scheduling
- An opportunity to qualify for our medical, dental, prescription drug, employee assistance program, life insurance, accidental death and dismemberment insurance, and critical illness insurance
- An opportunity to qualify for our Pension Plan and Gain Sharing programs
- Career Advancement
- Competitive wage package and will compensate those with retail experience
- Scholarship Program eligibility
- Air Miles® Reward Program and more

If you are not able to attend and are interested in career opportunities with Sobeys, please create a profile and application on line at www.sobeyscareers.ca and apply.

We offer a competitive salary and benefits package along with exciting opportunities for career advancement.

Looking for a place to grow your career? As a leading food distributor in Canada, Sobeys and its franchisees employ more than 85,000 people and generate over $14 billion in retail sales annually. We offer career opportunities across the country in our retail stores, retail support centres and regional offices, all requiring an array of skill and education levels. We believe in training and promoting our employees from within our organization. No matter what level you join us at, if you've got ambition and talent we'll help you reach your career aspirations. Start growing your career today with a company that is 100% Canadian owned and operated!

Visit www.sobeyscareers.ca for a complete listing of our career opportunities.

TRIBUNALS HAVE POWER TO APPOINT

Discrimination in the hiring process allows the human rights tribunal to give an unsuccessful applicant the job



Emily Carasco did what everyone does when they want a job — she fought for it. When she didn't get it, she asked the Ontario Human Rights Tribunal to give it to her anyway.

Carasco applied for the position of Dean of the Faculty of Law at the University of Windsor. She was one of two people shortlisted for the position. During the final stages of the interview process a colleague accused Carasco of plagiarizing part of a textbook.

When Carasco didn't get the position, she filed an application with the Ontario Human Rights Tribunal alleging that the interview process was racist and sexist, and that her colleague had intentionally "sabotaged" her application. She asked the Tribunal to give her the position of dean of law for five years as well as monetary damages.

Carasco also asked the Tribunal to prevent the University from appointing a new dean until her application could be decided. Her rationale was that, the position of dean is for a five-year term. If the university appointed a new dean now, the tribunal would not be able to appoint her as dean if her case was successful.

"This case serves as a warning to employers to ensure that their hiring processes are free of discrimination since at least one tribunal has ruled that it can give an otherwise unsuccessful applicant what they wanted in the first place — the position they applied for."

Although an extraordinary remedy, in general, human rights tribunals have the power to appoint people to positions, even if they have already been filled. The tribunal also has the ability to make an order directing any party to do anything to promote compliance with human rights legislation.

However, this would be the first time such a high level job was imposed by the tribunal.

While the tribunal refused to grant Carasco's interim request to stop the search process and prevent the university from appointing a dean, it confirmed that it has the ability to unilaterally appoint Carasco as dean in the future, should it decide to do so.

This case serves as a warning to employers to ensure that their hiring processes are free of discrimination since at least one tribunal has ruled that it can give an otherwise unsuccessful applicant what they wanted in the first place — the position they applied for.

EASTLINK

Our Growth Means Exciting Opportunities For You!
You're invited to join us at our career fair!

Learn more about current opportunities within our Customer Care Group – We are hiring Customer Care Representatives for our Dartmouth Crossing location!

One of Canada's 50 Best Managed Companies, EastLink offers competitive pay, career development opportunities, great incentives & more!

You are invited to attend our Career Fair at The Hampton Inns & Suites, 65 Cromarty Drive, Dartmouth, NS.

Recruiters & Hiring Managers will be on site Thursday, Nov 4, 9am-5:30pm

Please bring your resumé • www.eastlink.ca



WANTED: Business Professionals

Contact us to find out how we can help you build a practice that can bring you rewards far beyond those associated with a traditional job.

- Named the top "full-service dealer" by Investment Executive's 2010 Dealers Report Card
- CareerBuilder.com listed financial advisors as the 6th fastest growing occupation.

www.careersinvestorsgroup.com

Attend Our Career Seminar
Wednesday, November 10 at 6:00pm
Investors Group Office Halifax
7001 Mumford Road
Halifax Shopping Centre
Tower 1, Suite 207

To register, please contact Brandy:
457-3050 • Brandy.Upstone@investorsgroup.com

Investors Group™
Investors Group Financial Services Inc.

TM Trademarks owned by IGM Financial Inc. and licensed to its subsidiary corporations. This is a full-time opportunity to establish your own variable-income and self-employed business in association with Investors Group

Job Fair - Days Inn, Dartmouth

Sobeys

Location Details: Days Inn, 20 Highfield Park Drive, Dartmouth, NS

We are currently recruiting part time and full time staff as well as department managers for our Sobeys locations throughout the HRM, Valley and South Shore.

If you love food as much as we do, Sobeys is a great place to pursue a career!

Please join us at the:
Days Inn, Dartmouth
When: Friday November 5
Time: 9:00am-9:00pm

We offer:

- Flexible scheduling
- An opportunity to qualify for our medical, dental, prescription drug, employee assistance program, life insurance, accidental death and dismemberment insurance, and critical illness insurance
- An opportunity to qualify for our Pension Plan and Gain Sharing programs
- Career Advancement
- Competitive wage package and will compensate those with retail experience
- Scholarship Program eligibility
- Air Miles® Reward Program and more

If you are not able to attend and are interested in career opportunities with Sobeys, please create a profile and application on line at www.sobeyscareers.ca and apply.

We offer a competitive salary and benefits package along with exciting opportunities for career advancement.

Looking for a place to grow your career? As a leading food distributor in Canada, Sobeys and its franchisees employ more than 85,000 people and generate over $14 billion in retail sales annually. We offer career opportunities across the country in our retail stores, retail support centres and regional offices, all requiring an array of skill and education levels. We believe in training and promoting our employees from within our organization. No matter what level you join us at, if you've got ambition and talent we'll help you reach your career aspirations. Start growing your career today with a company that is 100% Canadian owned and operated!

Visit www.sobeyscareers.ca for a complete listing of our career opportunities.

Standing up to bullying

Kids encouraged to take a stand during Bullying Awareness Week ◗ Peers have the power to stop it

November 15-21 marks Family Channel's eighth annual Bullying Awareness Week and the network, along with their partner organization PREVNet – a national network committed to ending bullying and promoting positive relationships – wants to equip students with the resources they need to stand up to bullying.

"In Canadian playgrounds it is estimated that bullying takes place every 7.5 minutes and the impact of those actions is both damaging and long lasting," said Debra Pepler, distinguished research professor and doctor of psychology at York University and scientific co-director of PREVNet. "Bullying Awareness Week gives us a fantastic opportunity to talk about these issues and hopefully provide students with the skills they need to tackle bullying year round."

PREVNet is especially interested in the role of bystanders in bullying situations. Research by the organization indicates that bullying typically occurs in front of an audience of peers who have the power to either stop or prolong the bullying episode based on their actions. In the majority of cases, when bystanders do intervene in bullying situations, bullying stops within 10 seconds. PREVNet is keen to encourage kids to stand up to bullying by offering the following suggestions for students who witness bullying behaviour.

"I'm proud to be a part of an initiative that raises awareness about an issue that is sadly all too prominent with students." NIKKI YANOFSKY

Assertively, but not aggressively, tell the child or youth who is bullying to stop.

Give attention and support to the child who is victimized.

Students should tell a responsible adult – a parent, teacher, coach, or group leader – if they see an incident of bullying.

Pepler is aware that for many children, confronting bullying behaviour when they see it can be difficult. "These strategies are a challenge and I would encourage parents and teachers to discuss and rehearse these strategies with their children. It really is so important that students feel empowered to stand up to bullying and they need adult support to do this."

More information on Bullying Awareness Week, including bullying-prevention tip sheets and resources can be found at family.ca. NEWS CANADA

the message

Musical acts Nikki Yanofsky, Saveria and Lindsay Hamilton have each recorded a bullying-prevention anthem to encourage youth to stand up to bullying for this year's national Bullying Awareness Week.



▶ Bullying typically occurs in front of an audience.

Song at the heart of anti-bullying campaign

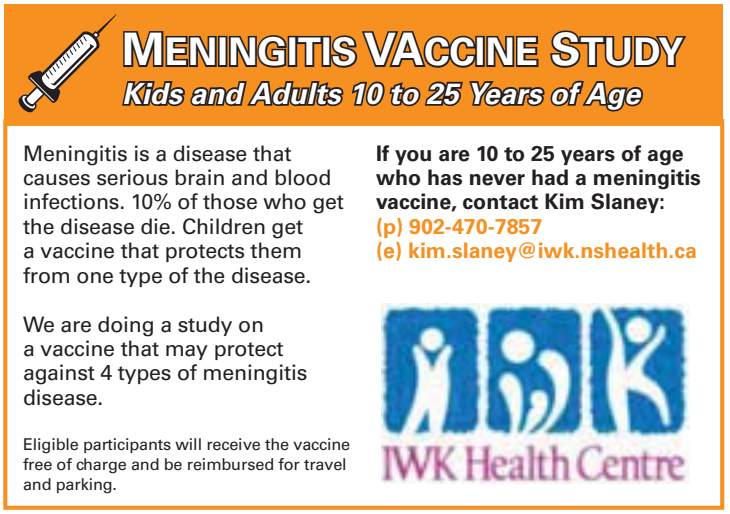
Actions may speak louder than words, but Family Channel is proving that both are equally important with its eighth annual Bullying Awareness Week campaign, which this year runs November 15-21 and uses the power of song to connect with Canada's youth.

Aptly titled Sing Stand UP!, the network's campaign enlists the help of three Canadian musical artists to provide their own bullying-prevention anthems for the initiative. Canadian singing sensation Nikki Yanofsky, Lindsay Hamilton and rising star Saveria each took up the challenge.

"I'm proud to be a part of an initiative that raises awareness about an issue that is sadly all too prominent with students," said Yanofsky, who is the voice behind Vancouver 2010's I Believe.

Yanofsky has recorded a rendition of the popular Ooh Child, while newcomer Saveria composed a song entitled Don't Push Me Down. Hamilton performs her own composition, Dream On. NEWS CANADA







Diabetes tips

- Healthy eating, along with medicine if prescribed and regular physical activity, can help lower your blood sugar.
- Start by adding high-fibre foods, including fruits and vegetables, to your diet. Fibre-rich foods may help stop spikes in blood sugar.
- Eating healthy and being active can help you manage your weight. If you need to lose weight, work with your doctor to come up with a meal plan to help you lose about a pound a week.

CANADIAN DIABETES ASSOCIATION

Recipe



▶ Baked Eggs With Prosciutto.

Start your day with nutritious baked eggs

Breakfast has long been known as the most important meal of the day. It fuels the body for the activities ahead, giving much needed energy after a night of rest.

To mark Diabetes Awareness Month, here are two breakfast recipes that would suit the meal plans of people with Type 2 diabetes, as well as anyone who wants to eat well.

Ingredients:

Baked Eggs With Prosciutto

- 4 medium stalks asparagus, blanched and cut into 1-cm (1/2-inch) pieces
- 50 ml (1/4 cup) prosciutto, sliced 3 mm (1/8 inch) thick and cut into 5-mm (1/4-inch) dice
- 8 large eggs
- 120 to 180 ml (8 to 12 tbsp) 2 per cent evaporated milk
- Sea salt and freshly ground pepper, to taste
- 50 ml (1/4 cup) toasted whole-wheat breadcrumbs

Citrus Ricotta Pancakes

- 4 large eggs, separated
- 250 ml (1 cup) part-skim ricotta cheese
- 75 ml (1/3 cup) cottage cheese
- 1 lemon, juiced and zested
- 1/2 orange, juiced and zested
- 1 large firm mango, peeled, seeded and cut into 1-cm (1/2-inch) dice
- 150 ml (2/3 cup) whole-wheat flour
- 30 ml (2 tbsp) honey

Baked Eggs With Prosciutto Preparation:

1. Preheat oven to 190 C (375 F). Spray 4 ramekins with cooking spray.
2. For each serving, divide asparagus and prosciutto among ramekins, crack in 2 eggs, drizzle each with 30 to 45 ml (2 to 3 tbsp) cream and season gently with salt and pepper.
3. Bake for about 6 minutes or until whites of eggs are set and yolks are still loose. Sprinkle top of eggs with breadcrumbs. Makes 4 servings.

Citrus Ricotta Pancakes Preparation:

1. In a large bowl, mix together egg yolks, ricotta, cottage cheese, lemon and orange juices, zest and mango until just combined. In a separate bowl, mix together flour and honey and stir into ricotta mixture.
2. In another bowl, beat egg whites until stiff and carefully fold a quarter into batter, then fold in remaining whites.
3. Drop by 50-ml (1/4-cup) measures onto a buttered griddle preheated to 180 C (350 F) and cook for 1 to 2 minutes each side or until golden. Makes 5 servings.

THE ASSOCIATED PRESS

Foodie gets a wake-up call

After being diagnosed with Type 2 diabetes — or adult-onset — Vancouver food stylist Nathan Fong turned his whole life around

Avid foodie Nathan Fong got the shock of his life when he was diagnosed recently with adult-onset Type 2 diabetes.

The Vancouver-based food and props stylist for culinary print and film advertising had been feeling uncharacteristically lethargic so he went to his physician.

"I live a healthy lifestyle and exercise regularly," says the trim Fong. And he is a busy man.

He is regularly featured on CBC Radio, has a weekly television show (Saturday Chef, airing on Global BCTV), writes a regular newspaper column on food and contributes culinary articles to various international magazines.

"But growing up in an Asian family, we are very susceptible to Type 2 diabetes because of all the rice and noodles we eat."

Those foods are high in carbohydrates, which convert to sugar in the body, and consuming too much can lead some people to develop the disease.

"I used to be a three-bowl-of-rice person at mealtime because I thought rice would make me healthy and strong," Fong says.

Several other ethnic groups are also prone to Type 2 diabetes, he says.

"Latinos and Hispanics are really susceptible because their diet, like corn tamales and tortillas, are all high-carb. And east Indians and Aboriginals are also inclined."

Canadians need to find out if they are at risk of developing adult onset Type 2 diabetes and change their eating habits, or he predicts there will be many more than the two million who already have the condition.

Diabetes occurs when the pancreas is unable to produce enough insulin, or when the body doesn't use the insulin effectively.

THE ASSOCIATED PRESS

HANDOUT/THE CANADIAN PRESS



▶ Nathan Fong.

Support Women United for Community.



Christine Wilson

Women United for Community are raising $85,000 to celebrate United Way's 85 years supporting people here in our community. You can help.

Make a donation at www.womenunited.ca

Advertising space generously donated by metro

Support Women United for Community.



Carole Olsen
Joanne Williams

Women United for Community are raising $85,000 to celebrate United Way's 85 years supporting people here in our community. You can help.

Make a donation at www.womenunited.ca

Advertising space generously donated by metro

4 sports

Sports news

Brian Ridgeway
The Saint Mary's Huskies linebacker has been named Atlantic University Sport football defensive player of the week. He had 8.5 tackles and three sacks in a victory over Acadia on Saturday.





Peter Delmas
After signing an American Hockey League contract with the Hamilton Bulldogs, Bedford native and former Mooseheads goalie Peter Delmas is off to a strong pro start. The former Colorado Avalanche draft choice is 1-0-1 and has stopped 56 of 60 shots.

Scan code for sports

QMJHL

ATLANTIC DIVISION

	W	L	OTL	Pts
SAINT JOHN	15	3	1	31
MONCTON	13	5	2	28
ACADIE-BATHURST	13	6	0	26
P.E.I.	10	8	1	21
CAPE BRETON	6	12	1	13
HALIFAX	6	13	1	13

EAST DIVISION

	W	L	OTL	Pts
QUEBEC	15	1	1	31
LEWISTON	11	7	2	24
VICTORIAVILLE	9	9	1	19
RIMOUSKI	9	12	0	18
CHICOUTIMI	6	9	4	16
BAIE-COMEAU	1	14	4	6

WEST DIVISION

	W	L	OTL	Pts
DRUMMONDVILLE	13	6	2	28
MONTREAL	11	3	3	25
VAL-D'OR	10	7	2	22
SHAWINIGAN	10	6	1	21
GATINEAU	9	7	3	21
ROUYN-NORANDA	4	13	2	10

YESTERDAY'S RESULTS

No Games Scheduled.

TODAY'S GAMES

Chicoutimi at Cape Breton, 8 p.m.
Quebec at Lewiston, 8 p.m.
Baie-Comeau at Victoriaville, 8 p.m.
Shawinigan at Acadie-Bat., 8:30 p.m.

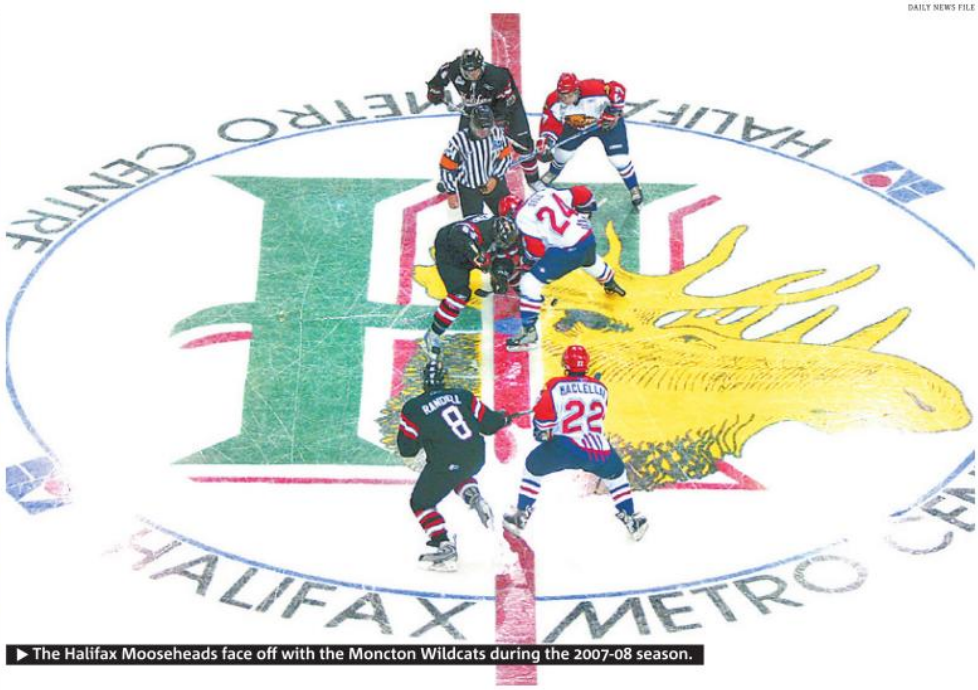
TOMORROW'S GAMES

Baie-Comeau at Drummond., 8 p.m.
Val-d'Or at Victoriaville, 8 p.m.

FRIDAY'S GAMES

Chicoutimi at HALIFAX, 8 p.m.
Val-d'Or at Lewiston, 8 p.m.
Shawinigan at P.E.I., 8 p.m.
Quebec at Montreal, 8:05 p.m.
Moncton at Acadie-Bath., 8:30 p.m.
Drummond., at Gatineau, 8:30 p.m.
Rimouski at Rouyn-Noran., 8:30 p.m.
Cape Breton at Saint John, 8:30 p.m.

DAILY NEWS FILE



▶ The Halifax Mooseheads face off with the Moncton Wildcats during the 2007-08 season.

Harold headed to Hall of Fame

The man considered to be the founder of the Moose gets honour from Q



MATTHEW WUEST
@METRONEWS.CA

Harold MacKay's vision more than 16 years ago has landed him a spot in the Quebec Major Junior Hockey League Hall of Fame.

MacKay, who is widely considered the founder of the Halifax Mooseheads, was announced yesterday as part of the QMJHL's 2011 class of inductees as a builder.

In 1994, the Louisburg native played a major role in convincing both the QMJHL and local investors that a team in Halifax — the first of its kind in the Maritimes — would be profitable.

"There was so much risk in the beginning," MacKay recalled. "Everyone was skeptical about the idea. But we did it and it worked … It was satisfying to see it all come together."

The Mooseheads set league attendance records in 1994-95 and the rest is history. There is now a six-team Maritime Division.

MacKay, who won the John Horman Trophy in 1997 as QMJHL administrator of the year, said he was "shocked" when he received the call from the QMJHL and "overwhelmed" by the honour.

For MacKay's thoughts on present-day Mooseheads attendance, visit Matthew Wuest's Q Files blog at metronews.ca/qfiles.

Inductees



Harold MacKay will be inducted into the QMJHL Hall of Fame with three players: Vincent Damphousse, Martin Lapointe and Robert Desjardins. The induction ceremony is scheduled for April 6 at the Hyatt-Regency Hotel in Montreal.

Mosher gets CHL honour

P.E.I. Rocket goaltender Evan Mosher, who shut out the Halifax Mooseheads 3-0 last Friday, has been named Canadian Hockey League goaltender of the week. The 20-year-old turned aside 29 shots to thwart a solid Mooseheads effort in Charlottetown. METRO

Bayside native Gaudet won't return to Timbers

Derek Gaudet won't be back with the Portland Timbers next season.

The Timbers, a professional men's soccer team in the USSF Division 2 Professional League, announced this week Gaudet will not be retained after one season with the club, which is being promoted to Major League Soccer next season.

27 Number of minutes Derek Gaudet played on MLS turf with Toronto FC in 2009.

The 21-year-old midfielder from Bayside made eight appearances with the Timbers. He did not record any points. METRO

METRO FILE



▶ Derek Gaudet

Sports in brief

Huskies hold down No. 9 spot

CIS FOOTBALL. The Saint Mary's Huskies stayed at No. 9 in the latest Canadian Interuniversity Sport football poll, released yesterday. The Huskies clinched first in Atlantic University Sport this past weekend with a 5-3 record.

TV deal for PBL

PBL. The Premier Basketball League has signed a deal with Direct TV to air a PBL Game of the Week. The deal will help the PBL tap into an audience of more than 60-million viewers.

SMU hockey team moves up

AUS HOCKEY. The Saint Mary's Huskies have moved up a spot to No. 5 in the Canadian Interuniversity Sport men's hockey ranking. The defending national champions are off to a 3-1 start to the 2010-11 campaign. METRO

Battle of Yawntario

- Senators win showdown between two of NHL's worst offences
- Leafs finally end 167-minute goal drought, but lose captain

SENATORS	LEAFS
3	2

The Toronto Maple Leafs appear to be coming apart at the seams.

Sergei Gonchar and Erik Karlsson scored power-play goals a little more than two minutes apart last night as the Ottawa Senators beat the Maple Leafs 3-2.

Brian Elliott was poised to become the third straight goalie to blank Toronto until Francois Beauchemin trickled a point shot by him at 5:15 of third period. That ended the team's goal drought at 167 minutes 39 seconds, making it the franchise's longest since 1927, according to Elias Sports Bureau.

The Maple Leafs went 181:45 without scoring from Dec. 3-8, 1927.

Making matters worse for Toronto was the fact captain Dion Phaneuf left last night's game during the second period with an apparent injury to his left leg. He got tied up awkwardly with Ottawa's Peter Regin and needed assistance to get to the team's dressing room.

The team described it as a "lower-body injury."

Ottawa beat its provincial rival for the first time since last November.

Mike Fisher had the other goal on a penalty shot for the Senators (5-6-1), who overcame some of their own goal-scoring woes.

Clarke MacArthur also scored for Toronto (5-5-1).

THE CANADIAN PRESS

'A disgrace'

- Leafs GM Brian Burke held an impromptu media scrum during the first intermission to chastise fans who had been booing Phaneuf.
- "Frankly, I think it's a disgrace," said Burke. "We're 10 games in and all the time I worked in Vancouver, I don't think I ever had a player booed."

FRANK GUNN/THE CANADIAN PRESS



▶ Jean-Sebastien Giguere makes a save on Ottawa's Daniel Alfredsson.

Sports in brief

Parise out for three months

NHL. New Jersey Devils left-winger Zach Parise is going to be sidelined three months with a knee injury.



The struggling Devils announced yesterday that Parise underwent exploratory arthroscopic surgery on his right knee to repair a torn meniscus.

THE ASSOCIATED PRESS

Knicks game postponed

NBA. The Orlando Magic-New York Knicks game at Madison Square Garden was postponed last night because of safety concerns after debris fell into the arena during overnight cleaning of asbestos-related materials.

Saying it was using "an abundance of caution," MSG released a statement saying it consulted with the NBA and decided to postpone the game, and wouldn't reopen the building until it was assured the arena was safe.

THE ASSOCIATED PRESS

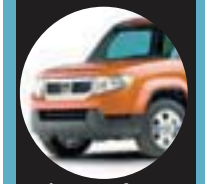




5 drive

By Comparison

Honda Element
Base price: $28,600
The high-roof, four-passenger bread box could be a bit past its prime.



Nissan Juke
Nissan Juke
Base price: $21,400
Quirky styling inside and out, which should attract youthful buyers.

Mitsubishi RVR
Base price: $23,700
2011 fuel-sipping small ute looks handsome, arrives well-equipped.

Scan code for more car reviews and news



▶ Even with the Mini Clubman, cargo space is at a premium, but the new 2011 Mini Countryman adds about 25 per cent.

A Mini for the masses

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

A "big Mini" sounds as contradictory as "jumbo shrimp," but here it is.

The new Mini Cooper Countryman will be the first all-wheel-drive-optional four-door model to wear the automaker's winged crest when it arrives in early 2011.

It will also be the biggest.

Yet when compared to any other similar-sized sport utility vehicles on the market (say the Honda Element or upcoming Nissan Juke and Mitsubishi RVR), the Countryman will still be the smallest of this funky bunch.

Luckily, small doesn't mean crowded or cramped, which is how tall folks are made to feel when climbing aboard or extricating themselves from the basic Mini or even the extended-length Clubman.

The Countryman is about 15 centimetres taller than its siblings and is also 10 centimetres wider for added shoulder and elbow room.

The rear doors are generously proportioned, allowing easy access for two adults perched atop flat-folding bucket seats.

A three-place rear bench will reportedly be a no-cost option.

Opening the big rear hatch accesses a decent-sized storage compartment.

With the back seats folded, there's about 25 per cent more capacity than you'll find inside a Mini Clubman.

Both rows are divided by a full-length console that Mini refers to as a "Centre Rail."

Here, the cupholders, USB plug-in ports (for your portable music player) and arm rest slide fore and aft along aluminum tracks

Each back seat can be adjusted forward or back up to 13 centimetres, whether you need to max out passenger leg room or cargo space.

The control panel will be familiar to anyone who has been in a Mini, especially the large circular display pod in the middle of the dash that contains the speedometer, fuel gauge, audio controls and the optional navigation system.

The higher output John Cooper Works package that's optional on the Mini Cooper S and Mini Clubman S won't be available — at least initially —for the Countryman, but a Sport option with a lowered ride height (for improved handling) and unique wheels will be offered.

This type of variety is just what the Countryman needs to reach a wider audience than either the Cooper or Clubman.

With more size, room, seating and all-wheel-drive capability, it is, quite literally, a big step in a whole new direction to become a Mini for the masses.



Meet the Mini

What you should know about the 2011 Mini Cooper Countryman...

- **Type:** Four-door, compact front- / all-wheel-drive sport utility vehicle
- **Engines (hp):** 1.6-litre DOHC I4 (122); 1.6-litre DOHC I4, turbocharged (184)
- **Transmissions:** Six-speed manual; six-speed automatic.
- **Market Position:** Thrifty buyers looking for more modest and fuel-efficient sport utility vehicles will have a number of new models to choose from, including the ground-breaking Countryman.
- **Safety:** Front airbags; side-impact airbags; side-curtain airbags; anti-lock brakes; traction control.
- **Stats:** L/100 km (city/hwy) 7.5/5.8 (1.6, MT, est.); Base price (incl. destination): $30,000 (est.)

Can't do the crossword?
Give this Metro to someone who can.

metro
News worth sharing.

PURCHASE FOR

$18,995•

AT THIS PRICE, WHAT ELSE IS THERE TO SAY?



2010 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

CANADA'S BEST SELLING MINIVAN FOR MORE THAN 26 YEARS

INCLUDES $6,500 CONSUMER CASH*.

2010 Dodge Grand Caravan SXT shown.§

PLUS GET

0%†

PURCHASE FINANCING for 36 months

OR CHOOSE

CUSTOMER CHOICE FINANCING

$133 BI-WEEKLY @ 4.99%†† FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY $17 MORE BI-WEEKLY with Customer Choice Financing

2010 DODGE GRAND CARAVAN SE STOW 'N GO®

- Second Row fold-in-floor captain's seats
- Third Row Stow 'n Go with tailgate seats

RETURNING LEASE CUSTOMERS, GET UP TO $1,500 LOYALTY CASH**

CHRYSLER Jeep DODGE RAM

VISIT YOUR ATLANTIC CHRYSLER, JEEP®, DODGE, RAM RETAILER.

Dodge.ca/Offers

DODGE CARAVAN KIDS

SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, *, †, ††, §. The Caravan Clearance Event offers apply to retail deliveries of selected new and unused models purchased between November 2, 2010 and November 30, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. •$18,995 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F) only and includes $6,500 Consumer Cash Discount. See participating retailer for complete details. Pricing excludes freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and Ally Credit Canada on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Example: 2010 Dodge Grand Caravan Canada Value Package (24F) with a Purchase Price of $18,995 financed at 0% for 36 months equals monthly payments of $527.63; cost of borrowing of $0 and a total obligation of $18,995. Pricing excludes freight ($1,400), licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. ††Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on most new 2010 Chrysler, Jeep, Dodge and Ram models (except Grand Caravan Cargo Van and Ram Chassis Cab) and select 2011 Chrysler, Jeep, Dodge and Ram models. The following terms apply to TD Financing Services contracts. **(Different contract terms apply to Ally Credit Canada offers. See your retailer for complete details.)** Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised Customer Choice Financing offers are TD offers. Example: 2010 Dodge Grand Caravan Canada Value Package (24F) with a Purchase Price of $18,995 financed at 4.99% APR over 60 months with payments amortized over 78 months equals 130 bi-weekly payments of $133 and one final payment of $4,845 for a cost of borrowing of $3,077 and a total obligation of $22,071.62. Freight ($1,400), taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. $2010 Dodge Grand Caravan SXT shown has a higher price than the Dodge Grand Caravan Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. ◆Loyalty Bonus Cash is offered on most 2010/2011 models (with the exception of 2010/2011 Ram 1500 Regular Cab 4x2, 2010/2011 Dodge Caliber SE, 2010/2011 Jeep Compass and Patriot 4x2, 2010/2011 Jeep Wrangler Sport, 2010 Dodge Journey SE, 2010 Dodge Grand Caravan C/P and Cargo Van (C/V)) and is deducted from the negotiated price after taxes. Eligible customers include those with Gold Key Lease maturity dates between November 1, 2010 and January 3, 2011. Some conditions apply. See your retailer for complete details. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

SOME WINNER DRIVES




▶ The Cadillac CTS-V Coupe took home the top prize in the Best New Sports/Performance Car category

AJAC FIRST-PRIZE WINNERS

- **Best New Small Car (under $21K)** Ford Fiesta (score of 690)
- **Best New Small Car (over $21K)** Chevrolet Cruze (score of 695)
- **Best New Family Car (under $30K)** VW Jetta TDI Clean Diesel (score of 691)
- **Best New Family Car (over $30K)** Buick Regal (score of 652)
- **Best New Luxury Car (over $50K)** BMW 5 Series Sedan (score of 671)
- **Best New Prestige Car (over $75K)** Porsche 911 Turbo S (score of 647)
- **Best New Sports/Performance Car** Cadillac CTS-V Coupe (score of 643)
- **Best New Minivan** Toyota Sienna (score of 678)
- **Best New SUV/CUV (under $35K)** Hyundai Tucson (score of 653)
- **Best New SUV/CUV ($35K-$50K)** Ford Edge (score of 656)
- **Best New SUV/CUV (over $50K)** VW Touareg (score of 650)

A total of 144 vehicles representing 48 specific nameplates participated last week in what has come to be known as AJAC TestFest.

Some went home with frayed tires, bug splats, and empty tanks. Others went home with all that — plus hardware proclaiming them as "class winners."

See the side bar for the full list of first-prize winners.

But if you're having a temporary bout of ADD right this minute, allow me to quickly summarize… GM walked away with three wins — all in "car" classes (Chevrolet Cruze, Buick Regal, Cadillac CST-V), signaling it's definitely on track to wean itself from pickup truck and SUV dependency.

Ford had two wins.

The Canadian-built Ford Edge, redesigned for 2011 with a nifty new infotainment interface, beat out the all-new Jeep Grand Cherokee (no slouch either).

Fiesta also won its class, but was in tough with Mazda2, with which it shares much engineering and chassis bits.

VW also won two classes: Touareg was proclaimed Best SUV Over $50K, while Jetta TDI drove away with Best Family Car under $30,000 honours, edging out another great new entry, the Hyundai Sonata.

Two iconic German nameplates, BMW 5 Series and Porsche 911 (in the heady Turbo S guise) upheld their reputations, with wins in Luxury Car and Prestige Car, respectively.

Toyota Sienna and Honda Odyssey had the Best New Minivan class to themselves this year.

The Sienna prevailed. Hyundai's dramatic redesign of Tucson won a squeaker over the equally all-new Kia Sportage, in the Best New SUV/CUV ($35K-$50K) class.

As you can tell by how many times we've already used the words "Best New," to be eligible for the competition vehicles have to be completely new or substantially redesigned from previous years.

The term "Test Fest" was quickly adopted as a way to short form the AJAC process, because the process is complicated. But it is also extremely thorough, and unbiased (voters culled from multiple media outlets).

AJAC, which is Canada's association of automotive journalists, takes over Niagara Regional Airport for a complete week every October. On the runways, each vehicle gets hooked up to data gathering devices, and is tested for acceleration, braking, and chassis dynamics.

Fuel economy and emission figures, cargo and passenger dimensions, and safety equipment levels, are other "hard numbers" assigned to each vehicle, by AJAC's Car of the Year Team (COTY).

Then a complete horde of journalists drive each vehicle, back to back with their class competitors, over the same roads, on the same day, to access all the "subjective" factors, such as styling, driver position, visibility, throttle response, NVH, ride comfort, brake feel, handling, etcetera, etcetera.

Myself, and fellow Metro scribes, Jil McIntosh and Justin Pritchard, were amoung the 70-odd test drivers on hand this year. Collectively we registered over 40,000 individual data points on those 144 test victims over the weeklong event.

The detailed scoring, and performance data, on each vehicle is available for perusal at ww.ajac.ca, and clicking on the Car of the Year Trophy logo.



Attention current VFC, TDFS, Scotia Dealer Advantage, Travellers, RIFCO, Carfinco, Wells Fargo and Americredit Customers

Introducing **Motor Mart Credit**, a division of MacPhee Motor Mart. With Motor Mart Credit, if you have had a high-interest car loan for 18 months or more, we can save you money! We can help you refinance your existing loan, lowering your interest rate.*

For example, if your monthly car payment is $475 at 23.9% interest, when reduced to 14.9%, your payment becomes $395. Over the course of a year, that's a savings of $960! To get started , call ***Nathan Beaudet at (902) 209-6546***, or complete a credit application online at www.macpheemotormart.com.

www.MacpheeMotorMart.com
580 Portland Street in Dartmouth

***Local:* 209-6546**
***Toll Free:* 1 (877) 807-9036**

MOTOR MART CREDIT
is a division of
MacPhee MOTOR MART

** See dealer for details.*

On an even wheel

Nissan helps balance the base of your vehicle

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Despite its name, all-wheel-drive (AWD) is very seldom all four wheels driving the car equally.

In many cases, especially on lower-priced AWD vehicles, torque – the engine's power – is distributed between the front and rear axles.

A more sophisticated system can also further distribute it between individual wheels, as it does with Nissan's torque vectoring system. It's found on the all-new Juke crossover, where the company says it's the only car in its segment with such a feature.

"Not only does it split torque up to 50/50 between the front and rear wheels for additional traction, it can also split side-to-side across the rear axle, up to 50 percent on either side," says Rui Nunes, manager, chief marketing manager for Nissan Canada. "This results in improved vehicle stability, cornering and overall performance."

Front-wheel-drive vehicles power the front wheels only; the engine and transmission are not connected to the rear wheels, which are "pulled along" by the front ones. In an AWD vehicle, a shaft runs lengthwise under the car to the rear wheels to send power to them. The AWD Juke initially powers its front wheels only, until the driver hits a switch to engage the all-wheel system. From there, the vehicle's sensors constantly monitor it, determining if a rear wheel needs to be powered.

"The front wheels are always equally powered, left to right," Nunes says. "The rear can shift depending on environmental conditions, such as rain, snow, mud or gravel.

If you're cornering, it could send, say, 42 percent to one rear wheel and 8 percent to the other, because the one that needs more traction gets sent more torque."

The new Nissan system is also lighter than other AWD systems, which improves fuel efficiency and vehicle handling.



NO PAYMENTS

90 DAYS‡

INTEREST ACCRUES DURING DEFERRAL PERIOD

PLUS

UP TO $10,000 IN CASH CREDITS††

INCLUDES

UP TO $1,500 HOLIDAY BONUS!*

SMART PURCHASE™ FINANCING

A MORE FLEXIBLE WAY TO OWN YOUR VEHICLE WITH THE OPTION TO RETURN IT IN AS EARLY AS 36 MONTHS†

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE UP TO $3300** IN ADDITIONAL CASH INCENTIVES.

CA$H FOR CLUNKERS

IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride Canada's Vehicle Recycling Program

Summerhill IMPACT

OR ASK ABOUT GMCL's RECYCLING PROGRAM FOR 1996-2003 VEHICLES

PLUS GM OWNERS ASK ABOUT $1,500 LOYALTY BONUS¥¥

VISIT YOUR LOCAL MARITIME GMC DEALER OR SEE THE FULL LINE-UP AT MARITIMEGMC.CA

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM* • ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
*WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.

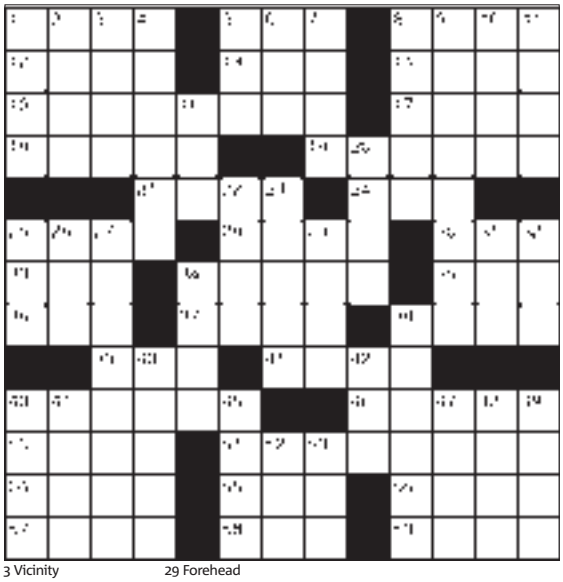
OnStar®

Redeem your GM Card earnings today.■

GMC

For the latest information, visit us at gmc.gm.ca, drop by your local GMC dealer or call us at 1-800-GM-DRIVE. ‡ Offered by GMCL until 01/17/2011 on eligible purchase financing of a 2010/2011 Buick/Cadillac/Chevrolet/GMC vehicle. OAC by TD Financing Services (fixed rate special only) or Ally Credit. Interest applies for entire financing term and accrues on unpaid amounts during deferral period. Financing term includes two month extension when financing through TDFS. Offer may not be combined with certain other consumer incentives. GMCL, Ally Credit or TD Financing Services may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. †† $10,000 manufacturer-to-dealer delivery credit, which includes maximum Holiday Bonus of $1,500, available on 2010 Sierra 1500 full-size truck (tax exclusive) for retail customers only. Other cash credits, including Holiday Bonus, available on most models. See dealer for details.* $1,500/$1,000 Holiday Bonus available on 2010/2011 models. Offers valid to January 17, 2011 on dealer inventory. Dealer order (2011 MY only) or trade may be required. Limited quantities of certain 2010 models. GMCL may modify or terminate offers in whole in part at any time without notice. See dealer for details. † Smart Purchase™ financing is available on 48 months or 60 months 3.5% APR or $9.66 per $1,000 financed for 2010 Chevrolet Aveo, Cobalt, Equinox, HHR, Malibu, Silverado 1500 and Tahoe; 2010 Buick Enclave, LaCrosse, Lucerne, Regal and Terrain; 2010 Cadillac CTS, DTS, Escalade, SRX and STS; 2010 GMC Acadia, Sierra 1500, Terrain and Yukon. Offer may be combined with certain other consumer incentives. Offer may not be available on all models. Offer may change or end without notice. See dealer for details. **$3300 is the maximum amount available from the Government of Canada's Retire Your Ride ("RYR") Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months; (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months; (3) turn in a 1996 through 2003 MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months. GMCL will provide eligible consumers with a manufacturer to consumer incentive (tax inclusive) to be used towards the purchase/finance/lease of a new eligible 2010 or 2011 MY Buick/Chevrolet/GMC/Cadillac vehicle delivered between October 1 and November 30, 2010. Ineligible vehicles: Chevrolet Aveo, 2010 MY Chevrolet Cobalt, 2011 MY Buick Regal, Chevrolet Cruze and Cadillac CTS Coupe and Medium Duty trucks. Incentive ranges from $750 to $3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions or visit gmc.ca. ¥¥ Eligible vehicles: 2010/2011 Chevrolet Aveo, Cobalt, Equinox, HHR, Malibu, Silverado 1500 and Tahoe; 2010 Buick Enclave, LaCrosse, Lucerne, Regal and Terrain; 2010 Cadillac CTS, DTS, Escalade, SRX and STS; 2010 GMC Acadia, Sierra 1500, Terrain and Yukon. Offer may be combined with certain other consumer incentives. Offer may not be available on all models. Offer may change or end without notice. See dealer for details. ▼▼ To qualify for GMCL's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride ("RYR") Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months; (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months; or (3) turn in a 1996 through 2003 MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months. GMCL will provide eligible consumers with a manufacturer to consumer incentive (tax inclusive) to be used towards the purchase/finance/lease of a new eligible 2010 or 2011 MY Buick/Chevrolet/GMC/Cadillac vehicle delivered between October 1 and November 30, 2010. Ineligible vehicles: Chevrolet Aveo, 2010 MY Chevrolet Cobalt, 2011 MY Buick Regal, Chevrolet Cruze and Cadillac CTS Coupe and Medium Duty trucks. Incentive ranges from $750 to $3,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions or visit gmc.ca. ¥¥ Eligible vehicles: 2010/2011 Chevrolet Aveo, Cobalt, Equinox, HHR, Malibu, Silverado 1500 and Tahoe; 2010 Buick Enclave, LaCrosse, Lucerne, Regal and Terrain; 2010 Cadillac CTS, DTS, Escalade, SRX and STS; 2010 GMC Acadia, Sierra 1500, Terrain and Yukon. Offer may be combined with certain other consumer incentives. Offer may not be available on all models. Offer may change or end without notice. See dealer for details. ▼▼ To qualify for GMCL's Cash For Clunkers incentive, you must: (1) receive either a $1,000 or $1,500 manufacturer-to-consumer incentive (tax inclusive). Example: $10,000 purchase price, after tax price is $11,300 ($10,000 plus $1,300 applicable taxes). After applying $1,500 credit, after tax price is $9,800 ($11,300 minus $1,500). $9,800 / 60 months = $163.33 per month. Example: $10,000 purchase price, after tax price is $11,300 ($10,000 plus $1,300 applicable taxes). After applying $1,500 credit, after tax price is $9,800 ($11,300 minus $1,500). $9,800 / 72 months = $136.11 per month. Example: $10,000 purchase price, after tax price is $11,300 ($10,000 plus $1,300 applicable taxes). After applying $1,500 credit, after tax price is $9,800 ($11,300 minus $1,500). $9,800 ($1,327.43 reduced purchase price plus $172.57 applicable taxes), with the $1,500 credit being the $1,327.43 reduction from the purchase price and the $172.57 reduction in taxes which would have otherwise been payable on the full purchase price. $1,000 Bonus available to: (i) current GMAC Lease customers; (ii) current owners of select passenger M-vans and U-vans; or (iii) current owners of a Buick/ Cadillac/ Chevrolet/ GMC vehicle who are not eligible for the Discontinued Brand Owner Loyalty, Van Owner Loyalty or Lease Bucks programs. $1,500 Bonus is only available to current owners of a Saturn, SAAB, Pontiac, HUMMER, Oldsmobile, Isuzu or Asuna. To be eligible for a GM Owner Loyalty Bonus, customer's GM vehicle must be registered and insured (in Canada) in their name for the previous consecutive six months. $1,000/$1,500 Bonus may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 model year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between 10/19/10-12/30/10. Ineligible vehicles: Aveo, Cobalt, Corvette ZR1, all Pontiac, Saturn, SAAB, and HUMMER vehicles, and all Medium Duty Trucks. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and may contact GM to verify eligibility. This offer may not be redeemed for cash. This offer may not be combined with certain other consumer incentives available on GM vehicles. See your local GM dealer for details. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without prior notice. ■ Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ®Registered trade-mark of General Motors Corporation Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank.

Crossword



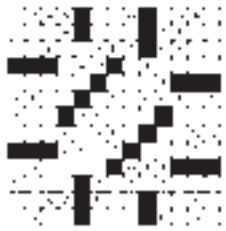
Across

1 Herring's cousin
5 Moonshine vessel
8 Despot
12 Swampy area
13 G8 member
14 Blue hue
15 Poisonous shrub with white flowers
17 Breather?
18 Air freshener brand
19 Swells up
21 Minus
24 Hostel
25 Classic TV star
28 Garage job, for short
30 N.J. neighbour
33 Comedian Philips
34 Sounds contented
35 Gabor or Peron
36 Cowboy's sweetie
37 Therefore
38 Make coffee
39 "Eureka!"
41 Basin accessory
43 Gov. Schwarzenegger
46 Mrs. Gorbachev
50 Arp's style
51 Gilligan, e.g.
54 Always
55 Has permission
56 Minimal change
57 Dweeb
58 Ram's ma'am
59 Dr. Seuss' "The 500 — of Bartholomew Cubbins"

Down

1 Urban blight
2 Jack and Jill's hurdle
3 Vicinity
4 Lethal
5 "Oklahoma!" baddie
6 Work with
7 Raiments
8 Claw
9 Waste
10 Family member
11 — to riches
16 Born
20 Falsehoods
22 Utter unclearly
23 Power glitch
25 Journey portion
26 Actress Thurman
27 Sieve
29 Forehead
31 Prior night
32 Legislation
34 Ring out
38 Offshoot
40 Save greedily
42 Mound stat
43 Seaport of Yemen
44 Carry on
45 Exemplar of thinness
47 Concept
48 Faxed
49 — and crafts
52 Witnessed
53 Caustic solution

▶ Yesterday's answer



Sudoku

7			3		5	2		
		9	7		2		6	
						9		
	8			4	6			
		5	9		7	6		
			2	1			4	
		6						
	2		8		3	5		
		3	6		1			9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	3	1	7	8	6	9	2	4
6	8	9	4	2	5	3	7	1
4	2	7	3	9	1	8	5	6
9	1	5	6	4	8	2	3	7
3	6	8	2	7	9	4	1	5
2	7	4	1	5	3	6	8	9
1	9	6	5	3	2	7	4	8
8	4	2	9	1	7	5	6	3
7	5	3	8	6	4	1	9	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Lizette my sweet little princess, I know that in the past my anniversary gifts have kind of sucked, so I thought I'd make it up to you by letting the whole city know that I LOVE YOU! Your misguided admirer, **MILOS**

My Big Eye Sexy Baby, You mean everything to me. I don't care what happened in the past and what's happening now. I'll wait for you for the rest of my life. I Love You. **YOUR BIG BEAR BEA**

Shout out to my babe on his big day! I love your tush in those tight grey pants and hope that it will be forever mine. Happy birthday!! Xxoo, **YOUR MONKEY**

My Sweet Danu, Good Morning Laddu! You mean the world to me. Missing you so much baby. Waiting to see you in 9 days. I'm so lucky to have you in my life. I love you so much! Ummah! **YOURS KIDDO**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You'll get all excited about something today, and that's good, but don't get carried away or you might lose your sense of perspective.

♉ Taurus April 21-May 21 Cosmic activity in your opposite sign of Scorpio is urging you to make a decision about a partnership matter. Once you have made it though it might be wise to wait a few days before letting others know about it.

♊ Gemini May 22-June 21 Keep a sense of perspective about work and health issues. Don't let them dominate your thoughts. If you start brooding about how you feel you will almost certainly make yourself feel even worse.

♋ Cancer June 22-July 22 If you have fallen behind in your schedule and need to catch up this will be a busy day. If you are ahead in your work it will still be a busy day but you'll also be able to treat yourself to something nice.

♌ Leo July 23-Aug.23 Only get involved in someone else's personal problems if (a) you know they won't mind, and (b) you definitely have the solution to their woes. Otherwise steer well clear.

♍ Virgo Aug. 24- Sept. 22 You like to be in control but not even a Virgo can see all possibilities, and what happens today will most likely take you by surprise. It will also take you on a journey of self-discovery.

♎ Libra Sept. 23-Oct. 23 If you want something enough you can usually find a way to get it, but what you desire today has a hefty price tag attached, so the most important question is: can you afford it?

♏ Scorpio Oct. 24-Nov. 22 You may be desperate to start something new but the planets warn you should give it a bit more time before you begin. The new moon at the weekend will be your signal to begin.

♐ Sagittarius Nov. 23-Dec. 21 Are you trying too hard to be original? Are you trying too hard to impress those around you? Don't worry what colleagues or rivals may think of you.

♑ Capricorn Dec. 22-Jan. 20 You may be incredibly driven to succeed but have you ever asked yourself what it's all for? Maybe you should. Looking back years from now will you regret the good times you missed because you were working?

♒ Aquarius Jan. 21-Feb. 18 You are remarkably motivated at the moment and there is little doubt you will reach your goals. Others may say you have set your sights too high but this is just the start.

♓ Pisces Feb. 19-March 20 You have decided on a course of action. Now all you have to do is apply yourself. If you allow yourself the luxury of second thoughts your progress will be limited. **SALLY BROMPTON**

Caption contest

TINA FINEBERG/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

DOMINIC FAVRE/KEYSTONE



FLIGHT CENTRE Unbeatable

Varadero
7 Nights 4-Star All-inclusive
from $675
+ taxes & fees $219

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex: Halifax. Package price is per person, based on double occupancy. All-inclusive vacations include air. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.



"I LOVE THIS PAPER"
Available on the App Store
"This app is a great way to read Metro when on the go" – *Real user review*
The free Metro Canada application is available on the *App Store*.
Don't have an iPhone or iPod touch?
Visit m.metronews.ca for news on the move.
metronews.ca



EXECUTIVE-DRIVEN DEMONSTRATOR CLEARANCE

Savings like this don't come around very often.

Save THOUSANDS on executive and dealer-driven models. Choose from our entire award-winning lineup, all standard with Subaru's legendary full-time All-Wheel Drive system and Factory Warranty. Special lease and finance rates available, as well as on-site appraisers to evaluate all trade-ins.



2010 FORESTER LTD. w/NAV
AC, PW, PL, CC/TW, Alloys and Leather Seats.
Was $36,320 now $33,900*

2010 LEGACY
Only 89K0kms, Auto, A/C, PW, PL, CC/Tilt
Was $26,720 now $23,700*

2010 FORESTER X OUTDOOR
80K0kms, Auto, Full load, Htd. Seats, Trailer Hitch, C. Cover
Was $28,620 now $26,900*



2010 FORESTER LIMITED
Fully load auto including leather seats & alloys, 90K0k
Was $34,320 now $31,900*

2010 LEGACY SPORT
Air, Windows/Locks, Cruise, Tilt and Sunroof, 10,400k
Was $30,720 now $27,700*

2010 OUTBACK LIMITED
Auto, 3.6L, Full load, leather, roof, alloys, 92O0k
Was $40,020 now $35,900*



2010 OUTBACK
2.5i, s/roof, air, pwr windows/locks, cruise/tilt, pwrat
Was $34,520 now $30,990*

2010 IMPREZA 2.5i WAGON
Auto with Air, Windows/Locks, Cruise, Tilt, 5,200k
Was $24,250 now $22,500*

2010 IMPREZA SPORT WGN
Auto, Full load including leather, roof, alloys, 5,400k
Was $28,220 now $26,200*

A word or two about Subaru Symetrical All Wheel Drive.

At Subaru, we believe in traction. Better traction expands a vehicle's versatility and capability. It creates better handling and control. It can be the difference between you avoiding a dangerous situation or you being caught in one.

Did you know all Subaru's come with Symmetrical All-Wheel Drive? Its unique design keeps more power routed to all four wheels and keeps the vehicle exceptionally balanced for poise and tight handling. **It's why Subaru owners believe in their vehicles, and why they feel the freedom to live more of the life they love.**

SUBARU



SUBARU of HALIFAX

HALIFAX
3343 Kempt Road
Phone: 902 407-8707
www.subaruofhalifax.com

*Plus applicable taxes and fees. †Plus applicable taxes & fees. See dealer for details.

TRUCKS TRUCKS TRUCKS

Save up to $10,000 on ~~2010~~ 2011 Rams

2011 Ram Reg Cab Sport 4x4

NOW $34,990



STK #11RR4412

2011 Ram ST Quad Cab 4x4

NOW $27,899



STK #11RQ1093

2011 Ram 1500 Reg Cab SLT 4x4

NOW $29,877



STK #11RR3247

Nevermind the 2010's... The 2011's are here and the prices are AWESOME!

Over 40 Trucks to choose from!



STK #11RC1072

STK #11RC1597

STK #11RC3909

2011 Ram SLT Crew Cab 4x4

NOW $35,288

2011 Ram 1500 Sport Crew Cab 4x4

NOW $39,570

2011 Ram 1500 Sport Quad Cab 4x4

NOW $36,988

Earn 1000 Reward Miles on any new or used vehicle purchase

1000 reward miles

AIR MILES Travel and More

DARTMOUTH

CHRYSLER DODGE Jeep RAM

Where Nova Scotia Comes to Save!

469-9050

DDODGE.COM

Prices exclude freight and fees